




Submarine fun in Oahu

The Travellin' Canadian goes underwater on a deep-sea adventure in Hawaii PAGE 16

FIGHTING BACK

SOME REAL-LIFE SUPERHEROES, LIKE SEATTLE'S 'PURPLE REIGN,' WERE ONCE VICTIMS THEMSELVES. FIND OUT WHAT MOTIVATES THEM TO HELP OTHERS

PAGES 10-11



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Wednesday, April 25, 2012

News worth sharing.

Senators regroup for Game 7

Playoffs. Teammates downplay Alfie's outburst, criticism over lineup choices

GRAHAM LANKTREE
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After a nail-biting 3-2 loss against the Rangers Monday night, the Ottawa Senators were in regroup mode on Tuesday.

But the question on everyone's lips was why Daniel Alfredsson blew his top on the Senators' bench after taking a late hit from Rangers forward John Mitchell. "He wants to come back from a concussion," said forward Colin Greening, "and I think he has the right to be a little frustrated."

Despite the loss, there's still an opportunity for the team to bounce back in Game 7, said forward Nick Foligno. The Senators have a disappointing record of Game 7 defeats.

"We feel we're a different

group than last year," said centre Jason Spezza, when asked about the team's record, adding "from every loss this year we've learned something."

Sens coach Paul MacLean, has drawn fire for his mixing of the lineup, including his decision to play Swedish prospect Jakob Silfverberg in Game 6 at the expense of rookie Mark Stone. Stone's pass to Jason Spezza in Game 5 led to the Senators' initial goal.

Twitter user @JDottawa wrote: "I still can't believe they didn't play him. This Silfverberg kid is good, but Stone has experience in the L, same with Butler."

"Have to say at this point, Stone looks like a better option than Silfverberg," tweeted @sensunderground.


But on Tuesday, MacLean's players stood by his decisions.

"It's his prerogative to put on the ice who he wants," Spezza said. "I really like the way he coaches the game. He's done a phenomenal job for our team."

Game 7 of the series goes Thursday in New York.




Ottawa Senators goalie Craig Anderson speaks with reporters Tuesday about captain Daniel Alfredsson's outburst of frustration on the bench during Game 6 of their playoff series with the New York Rangers on Monday night. For more on Alfredsson — and whether this might be his last season with the Senators — see page 26. GRAHAM LANKTREE/METRO



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Switch on the joy! This year's Bluesfest gets 'Electrified'

Look forward to stellar lineup. Top-tier electronic acts will share the spotlight with rockers, crooners and Canuck stars



JESSICA SMITH
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There's electricity in the air, all you music lovers.

Lucky fans will soon be raving about this year's Bluesfest lineup — which includes house-music legends Tiësto and Paul Oakenfold.

Bluesfest head Mark Mo-nahan announced the festival's lineup and this year's theme — “Electrified” — at a gala fundraiser at the Canadian War Museum Tuesday evening.

Top-tier electronic acts include MSTRKRFT, A-Trak,

Theivery Corporation and Skrillex, among many others.

The festival will also feature legends of other genres.

Just check out the enviable list of acts scheduled to perform at the multi-day event:

Iron Maiden, Alice Cooper, John Mellancamp, Seal, Snoop Dogg, Lauryn Hill, 10cc and Billy Bragg.

British crooner David Gray will perform. So will American jazz singer Norah Jones.

Notable Canadian acts include Metric, The Weeknd, City and Colour, Alan Doyle, Downchild Blues Band, The Sheepdogs, Sam Roberts Band and Our Lady Peace.

Love-'em-or-hate-'em rockers Nickleback are also booked.

And in case anyone ever doubted it, Metro can confirm perennial favourites Blue Rodeo will be returning to Bluesfest.



Superstar DJ Tiësto is among this year's Bluesfest headliners. CONTRIBUTED

Flashback

Lawyers probe stage collapse

A Ministry of Labour investigation into a stage collapse at Bluesfest nine months ago is under review by lawyers, a ministry spokesperson said Tuesday.

Investigators have finished their work and sent the case to ministry lawyers, who will determine if any legal action should be taken, said Matt Blajer.

There's no telling how long it will take, he added.

Five people were injured, one seriously, when the stage collapsed.

JESSICA SMITH/METRO

Museum's Barrick bonus sparks anger



Demonstrator Kelly Black confronts police outside the Canadian Museum of Nature on Tuesday. STEVE COLLINS/FOR METRO

Demonstrators chanted “Shame!” outside the Canadian Museum of Nature Tuesday afternoon as officials held a private event inside.

They were renaming a room after a controversial Canadian mining company.

Barrick Gold has donated \$1 million to the museum.

In return, the museum is rechristening a room used for events as The Barrick Salon.

“I think it's absurd the Museum of Nature would choose to promote not only a company, but an industry that is antithetical to the values that the museum claims to uphold,” said protest or-

Gem of a show

The contribution from Barrick will support the refurbishment of one of the museum's travelling exhibitions, it says.

- From Crystals To Gems has been exhibited in 41 venues across Canada.

ganizer Sakura Saunders.

Protesters breached barricades in an attempt to deliver a letter from the Council of Canadians and other groups objecting to the museum's partnership with Barrick and the company's

controversial human rights and environmental record.

Police stopped them in front of the museum.

Barrick spokesperson Andy Lloyd defended his company's record: “Our approach to environmental management is based on international best practices for our industry, and Barrick is consistently ranked as a leader in sustainability and corporate responsibility.”

Museum spokesperson Elizabeth McRea said the museum has no official opinion on Barrick's practices.

“I don't think it's for us to go either way,” she said.

STEVE COLLINS/FOR METRO



NEWS

On the web

Ruff life in rehab

Four-legged victims of disasters, dogfighting operations and puppy mills are now being given a second chance. The American SPCA has set up a rehab centre for rescued furry friends. Watch the video at metronews.ca.

A hole lot of trouble

A young girl plunged about seven metres after a hole opened up beneath her feet as she walked on a sidewalk. The shocking footage was captured on a security camera in China's Shaanxi Province. Watch at metronews.ca.

Mobile news



Two men have been arrested after a dangerous booby trap was found on a Utah hiking trail. A 20-pound spiked boulder was rigged with trip wire to swing at head level. Scan the code for the story.

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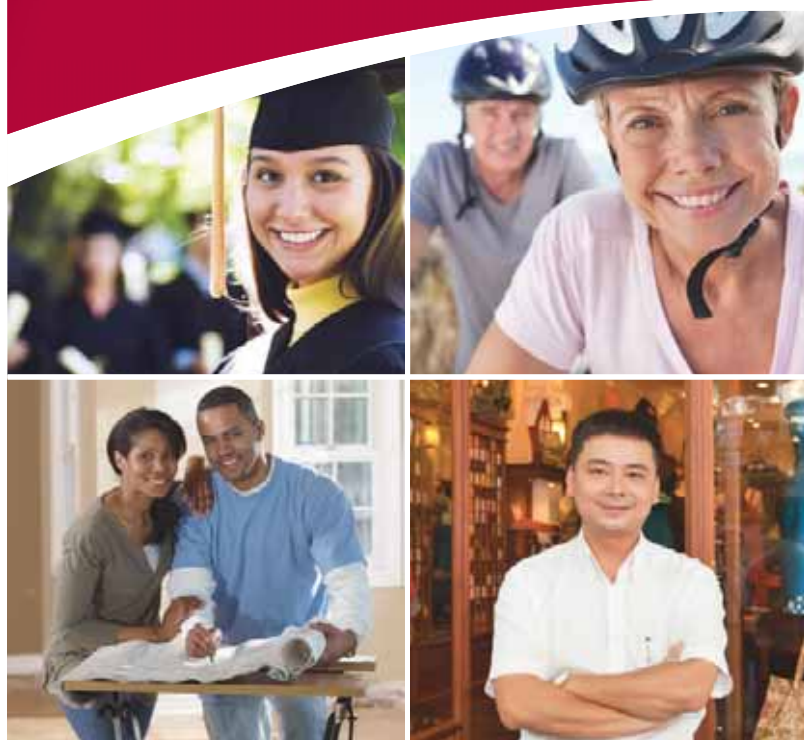
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Doctors said Hélène Campbell wasn't well enough to attend a press conference after undergoing a double-lung transplant but would soon be strong enough to be taken off a ventilator. CONTRIBUTED

Lung recipient Hélène gets ready to dance again

On the mend. Doctors say no holding back pint-sized organ-donation champion



JESSICA SMITH
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As Hélène Campbell recovers after a double-lung transplant in a Toronto hospital, she feels joy every time she hears the sound of a helicopter overhead — because it could be the sound of a donated organ arriving, her mother said Tuesday.

Campbell's parents and doctors at the University Health Network in Toronto held a press conference to update her supporters about her condition

and draw attention to National Organ and Tissue Donation Awareness Week.

Campbell, who is from Barhaven, is recovering well and will likely be moved off a ventilator soon, her doctors said. She is already exercising on a treadmill to her favourite music.

"She tries to dance already," her mother Manon Roy Campbell said. "The first song this morning was Justin Bieber's 'I want to be your boyfriend.'"

In January, Hélène tweeted to Justin Bieber asking him to tweet his support for the Be A Donor campaign. That caught Ellen DeGeneres' attention, who brought Hélène on the show via Skype and promised to dance with her when she is able.

Hélène's efforts had a big

impact on registration for organ donation, said Dr. Shaf Keshavjee, the director of the Toronto Lung Transplant Program. "What Hélène has taught us is how to capture social media in the grand sense of the word social," he said. "The more people who are aware of transplantation the more people will sign their organ donation cards and make their family aware of their wishes."

Doctors only transplanted part of the donor's lungs into Hélène because they were too large, said her surgeon Dr. Tom Waddell.

Hélène was not able to attend the press conference, but will probably be willing and able to hold her own soon, Keshavjee said, adding, "there's no holding her back."

Memorial fund

Concert tickets to help orphan twins

A suite of seats at the Johnny Reid concert May 12 at Scotiabank Place are being auctioned on eBay to help the five-year-old twin sons of Erin Vance who was killed in an alleged hit-and-run on St. Patrick's Day.

Proceeds from the 14 suite tickets, which have a value of \$46 each, will go to the Erin Vance Memorial fund. The auction is being sponsored by buyers1st.ca, a free information resource for first-time home buyers in Ottawa, and bidders can access the auction through their website.

GRAHAM LANKTREE/METRO

Security. Latest ruling on Harkat deportation is in

Mohamed Harkat will learn the outcome of his latest bid to avoid deportation Wednesday, as the Federal Court of Appeal rules on the security certificate process that branded him a security risk.

"The wait is the difficult part," said Harkat's wife, Sophie. "We've spent half of our lives, the past 10 years, sitting in a courtroom, either kept in the dark or waiting for a decision."

The Algerian-born Harkat was arrested in Ottawa in 2002 and detained for 43 months on a security certificate alleging he was connected to Osama bin Laden's terrorist network

and a risk to national security. He has consistently denied the allegations. Since his release from custody, he has lived under strict bail conditions which restrict his movements, require him to wear an electronic bracelet, report weekly to Canadian Border Services and prevent him from using a computer or cell phone.

Harkat and his lawyers are disputing the secret evidence on which the security certificate is based, as well as the constitutionality of the process.

"We just hope for the best," Mrs. Harkat said. "We know justice will prevail eventually..." STEVE COLLINS/FOR METRO

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Inevitable breakup?**Ignatieff's Quebec musings sparks surprise**

There are some surprised reactions to remarks from ex-Liberal leader Michael Ignatieff, who suggested in a BBC interview that Quebec and Canada are almost two separate countries floating towards a breakup.

That suggestion was met with resistance Tuesday from Quebecers who have fought for national unity. "What I will tell you is a strong majority of Quebecers believe in Canada," said Quebec Premier Jean Charest.

THE CANADIAN PRESS

Appeal court**Wife killer can collect on life insurance: Court**

A man who killed his wife should be allowed to collect on her life insurance policy because he was insane at the time, Ontario's top court ruled Tuesday.

In overturning a lower judge's decision, the

Ontario Court of Appeal decided that public policy, which normally would bar killers from benefiting from their victims' deaths, does not apply in this case.

However, the court put its decision on hold to allow the government to try to seize the money.

THE CANADIAN PRESS

Diplomacy**Canada to suspend most sanctions against Myanmar**

Canada is suspending its sanctions against Myanmar in recognition of its moves towards democracy.

Foreign Affairs Minister John Baird says he has seen encouraging steps in Myanmar since the former political prisoner Aung Sang Suu Kyi won a parliamentary seat in historic elections there earlier this month.

Baird said Canada's sanctions on imports, exports and financial transactions will be suspended, although an embargo will be maintained on sales of arms and military technology.

THE CANADIAN PRESS

One dead following British Columbia sawmill explosion

Without warning.

Workers run for their lives as colleagues scramble to help one another

Evening-shift workers at a Prince George, B.C., sawmill ran for their lives after an earth-shaking explosion and massive fire sent walls crumbling down on top of them.

The blast killed one person and critically injured at least seven more.

Colleagues at the Lakeland Sawmill scrambled to help each other, with one saying he used scissors to cut charred clothing off those whose burned skin was dripping.

"It was quite gruesome," said union rep Brian Croy.

THE CANADIAN PRESS



A large fire burns at the Lakeland Mills sawmill in Prince George, B.C., on Tuesday. ANDREW JOHNSON EDIT/THE CANADIAN PRESS

Just put it on our tab**Oda not the biggest spender**

Bev Oda may be in hot water for her champagne tastes, but by no means is she the highest-spending member of Stephen Harper's cabinet.

That distinction goes to Gerry Ritz.

The agriculture minister has racked up the biggest travel and hospitality tab of any of his Conservative colleagues in recent years.

That's apparently because of trade missions that have taken him all over the globe.

It has cost \$271,489 since March 2010 to send Ritz to such far-flung destinations as Italy, Turkey, Indonesia and Japan.

He edged out Finance Minister Jim Flaherty to claim the top spot.

Travel and hospitality costs for Flaherty came to \$270,119.

Defence Minister Peter MacKay came third with expenses of \$265,286.

THE CANADIAN PRESS

Ontario Grits' budget survives confidence vote



Premier Dalton McGuinty speaks to the media after meeting with NDP Leader Andrea Horwath on Monday. NATHAN DENETTE/THE CANADIAN PRESS

An arrangement between the Liberals and NDP that was solidified with a new tax on the rich allowed Ontario's minority Liberal government to survive a confidence vote on its budget Tuesday.

After weeks of negotiations between the Liberals and the New Democrats, Premier Dalton McGuinty finally agreed Monday to increase the tax on incomes over \$500,000 in exchange for NDP support on the budget.

"The NDP were insistent on a tax on the rich and we were insistent on finding a way to accelerate our plan to eliminate the deficit, so we

have found a happy marriage," McGuinty told cheering Liberal members immediately after the crucial vote.

"By working with the NDP, we have made a strong budget even stronger."

In the end, the New Democrats abstained from the budget vote, but that allowed the Liberals to outvote the Progressive Conservatives 52 to 37 and pass the motion, avoiding a second election in less than a year.

The NDP is still upset the budget calls for the privatization of Ontario Northland railway and removes subsidies from the horse-racing

industry, saying those moves will kill jobs, not create them.

They did not want to vote for a budget they still have problems with, but didn't want to force another election either, said NDP Leader Andrea Horwath.

Finance Minister Dwight Duncan said he has figures showing the deficit will be lower this year because of the extra \$470 million a year from what Horwath calls the "fairness tax."

Horwath said her party did its duty to improve the budget without forcing an expensive and unnecessary election. THE CANADIAN PRESS

NDP pressure

- The Liberals also agreed to increase welfare and disability support payments, put more money into child care and give one-time funding of \$20 million to rural and northern hospitals.
- If the NDP didn't want to vote in favour of a budget that includes a wage freeze on the public sector, they didn't help by doing so, said OFL president Sid Ryan.

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Summit. Nobel laureates meet to discuss peace

Poverty, a lack of education and arms proliferation present daunting obstacles, yet peace can be achieved if world leaders are more willing to talk and young people are encouraged to get involved, Nobel Peace Prize winners said at their annual meeting.

Former U.S. president Jimmy Carter and ex-presidents Mikhail Gorbachev, of the former Soviet Union, and Lech Walesa, of Poland, were among the Peace Prize winners in Chicago for the start of the three-day World Summit of Nobel Peace Laureates.

The summit runs through Wednesday and comes just weeks before Chicago hosts

U.S. President Barack Obama — himself a Nobel Peace Prize winner — and foreign leaders for the NATO summit, a meeting that is expected to draw large numbers of anti-war protesters. Obama did not attend Monday's meetings.

Actor Sean Penn on Wednesday will be presented with the 2012 Peace Summit Award for his work in Haiti.

Carter said that, as the last global superpower, the U.S. has a responsibility to be a leader in peace efforts and set an example to the rest of the world. Instead, he said, the U.S. is "too inclined to go to war" and is contemplating going to war again, "perhaps in Iran."

THE ASSOCIATED PRESS

Europe

Headscarf laws dangerous: Report

European laws on what girls and women wear on their heads are encouraging discrimination against Muslims and against a religion that has been part of Europe's fabric for centuries, Amnesty International says in a new

report. Extremist political movements targeting Muslim practices for criticism have grown in several European countries — as witnessed by French far-right leader Marine Le Pen's strong showing in presidential elections this week.

The Amnesty report lists a raft of examples of discrimination against Muslims from Spain to the Netherlands and Turkey. THE ASSOCIATED PRESS

Witnesses recall horror of Norway bombing



Confessed mass killer Anders Behring Breivik confers with his defence lawyer in the courtroom in Oslo Tuesday. LISE ASERUD/THE ASSOCIATED PRESS

Trial. Police and forensic experts take stand in Breivik trial

After testifying for five days, Anders Behring Breivik listened silently Tuesday as others described the mayhem caused by his bombing of Oslo's government district, a scene one witness described as a "war zone."

Forensic experts explained the massive injuries to four of the eight victims killed by the 950-kilogram fertilizer bomb on July 22. Breivik admits to the bombing and a subsequent shooting massacre at a Labor Party youth camp that left 69 people dead, most of them teenagers.

Chilling

"I estimated the chances of survival as less than five per cent."

Anders Behring Breivik, confessed killer

"More than 100 body parts were found in the government district," said Ole Morten Stoereth, a police official tasked with identifying the blast victims.

Relatives of those killed sobbed and embraced during the autopsy presentations. Pictures of the victims' injuries were not shown in court but distributed to the judges, prosecutors and defence lawyers as well as the psychiatrists who are examining Breivik during the trial.

Breivik claims the attacks were "necessary" and that the victims had betrayed Norway by embracing immigration.

As he has for most of the trial, now in its seventh day, the far-right fanatic remained mostly expressionless during the hearing Tuesday. But he smiled when a security guard, who was inside the government highrise when the bomb exploded, called Breivik's motive for the attacks "totally absurd."

THE ASSOCIATED PRESS

Asylum seekers being locked away in Hungary



In this 2008 file photo, an asylum seeker talks on a pay phone through the bars in one of the detention centres of the Hungarian border police, near the country's southern border with Serbia. BELA SZANDELSZKY/THE ASSOCIATED PRESS

They say they came to Hungary to escape brutality, war or the threat of being put to death in their home countries. Instead, they are serving untold months behind bars without ever being convicted of a crime.

Migrants who arrive from violence-ridden countries are spending up to a year languishing in detention centres.

In 2010, the government of Prime Minister Viktor Orban adopted a policy of locking up undocumented migrants while authorities adjudicate their asylum claims. Critics, including the writers of a UN report released Tuesday, say the policy

is unusually harsh and out of step with European norms and international law.

"No other country (in Central Europe) is taking such extreme and harsh measures as Hungary does, and in no other country do we hear so many similar reports of abuse in detention," said Gottfried Koefner, UNHCR's representative for Central Europe.

Inmates at a detention centre in the eastern city of Nyirbator jammed up against the metal bars covering the windows at the sight of reporters below.

"I come here for asylum,

not prison!" shouted one skull-capped inmate from the second floor. Another lifted up his shirt to display a wound in his chest. "No medicine! No go to hospital!" he shouted. Other prisoners yelled that they have been beaten by prison guards and receive inadequate food supplies.

Several men held up a handwritten sign spelling out a stark demand: "Freedom!"

The new report by the UN high commissioner for refugees criticizes Hungary for treating legitimate asylum seekers as if they were illegal immigrants. THE ASSOCIATED PRESS

Human rights

- **Countries.** Migrants come from Afghanistan, Pakistan and Somalia.
- **Numbers.** In 2011, Hungary rejected 450 claims from asylum seekers.
- **Criticism.** The government has also faced criticism for limiting press freedom, criminalizing homelessness and reducing judicial independence.

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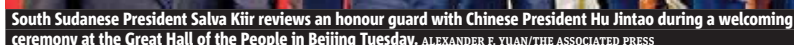
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Threat of war. Sudan and South Sudan have been drawing closer to full-scale war, though neither has declared it

Libyan war

The Parliamentary Assembly of the Council of Europe said Tuesday that NATO in particular "failed to react to distress calls" from the boat carrying the refugees in part of the Mediterranean Sea under its control. The victims included citizens of Ethiopia, Nigeria, Eritrea, Ghana and Sudan. **THE ASSOCIATED PRESS**

White House press secretary Jay Carney

Despite the bombardment, UN monitors visited the restive Damascus suburb of Douma on Tuesday, their second visit in two days.



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Hey look, it's the friendly death guy



Downtown Eastside avenger. Thanatos celebrates five years of costumed community work



MATT KIELYTKYA
Metro in Vancouver

Page 1, panel 1. "These streets have a lot of stories to tell." Every corner, every nook and cranny in Vancouver's Downtown Eastside has a history. Tales of tragedy, legends of love, anecdotes of apathy, chronicles of compassion. Each person has a role to play.

Panel 2. The dark silhouette of a trench coat and brimmed hat enters the frame. Only the figure's green skull — death itself — is visible. The shadowy figure ominously reaches into a sack, grabs something and slowly takes his arm out to reveal ... a sock.

"Hey, how are you doing?" the costumed man cheerily asks. "Would you like a pair of socks? They're free!"

Enter Thanatos, the friendliest incarnation of the Grim Reaper you'll ever find, Vancouver's very

own real-life charitable superhero.

This is his story. For the last five years, Thanatos — a 63-year-old professional, husband and father in his "real" life — has been strolling through the Downtown Eastside, handing out clothing, blankets, food and water to residents in need.

Like his comic-book heroes, his driving desire to dress up and patrol the area is driven by an overwhelming desire to make the world a better place, right wrongs and lend a helping hand to his community.

"I don't come from Krypton and wasn't bitten by a radioactive spider or anything like that," Thanatos, named after the Greek god of death, says of his origin story.

"I was working downtown, trying to help out on the streets, and noticing a lot of things happening ... people living and dying on the streets."

"I was told by a police officer that some people on the street had nothing better to look forward to than death. That really stung, that really hurt me," he said, a slightly high-pitched voice barely muffled through the fabric hood. "So I said, 'If that's the case, then death better get out there and start taking care of these people.' I developed this persona to go out there and help."

He's been going strong ever since, garnering international media attention while using his unique — some say crazy — approach to giving back to shine a light on the poverty and social issues afflicting one of Canada's most infamous and misunderstood neighbourhoods.

Residents' reaction

Writer Nadia Fezzani visits the Downtown Eastside to find out what people think of Thanatos.

- Once on Hastings, I walked along a couple of blocks where there were lots of people. Some were selling drugs; others appeared to be selling stolen goods. I asked if they knew who the man who represented death was. Although some of them didn't know his name, many people knew but did not

want to talk about him.

- One of the few who would speak about him was selling goods from a blanket spread out on the sidewalk. I asked her if she knew the superhero. "Yes," she said nervously. Watching her surroundings, she told me Thanatos was a very nice man but that she didn't really know much about him. As I was leaving, a few men approached me to tell me how amazing a man he is.

His biggest claim to fame was a starring role in the 2011 HBO documentary *Superheroes*, which profiled some of the 400 Real-Life Superheroes operating throughout North America.

If local residents don't notice Thanatos from his adventures in the area, they've seen him on TV.

In fact, two fans had one such encounter on the hero's recent stroll through the DTES with Metro.

"You're awesome," said a stranger with long, ratty hair and a teardrop tattoo under his eye. "Keep up the good work."

A quick fist bump and Thanatos was back at delivering socks into the hands of people cowering under archways, door portals and bridge underpasses on a typical rainy day.

Onlookers laugh, passing motorists slow down for a look and camera phones are whipped out when Thanatos is near.

He's a draw, but it's not about him.

"It gets the attention where it's needed," the masked avenger says. "By using this persona, I've been able to spread the word about what's going on down there; I've been able to get more aid in the area. I'm asked by reporters if it actually works, and it's like, 'Well, you're here talking to me right now,' so it's obviously working."

And like any of his fictional heroes, Thanatos' work is never done.

"I'm an average person that just wants to do something and make a difference. People want to know what Real-Life Superheroes are all about," he says. "Apathy is the biggest killer out there. That's what we do: We fight apathy. We get people involved and we inspire them."

Final panel. The shadowy figure fearlessly runs toward his next adventure. To be continued.

60 seconds

An interview with Thanatos Necrium

Why did you choose Thanatos, or death, as your superhero character?

I've been doing this for a little more than four years. I've always been someone to get involved. I worked on my own down on Hastings Street and with small groups, trying to help out with the homeless with handouts and counselling and to point them in the right direction. It was very difficult, and I couldn't get anyone's attention. Nobody wanted to listen. One day, a police officer told me, "You know, people on the street really have nothing bet-

ter to look forward to other than death." And that really stunned me. So I said, "If that is the case, then death is going to have to get out there and start taking care of these people!"

Does the mask have an impact on people?

I am drawing attention. Social workers see these people in the morning, and people don't remember them by the afternoon. Me, they remember. They remember the crazy guy with a mask out there helping and that's all I care about. I've had people from France, from Germany, from all over the States come to talk to me because I put on a mask and I'm drawing attention to a problem. Nobody wants to talk to me, Joe Blow. But they'll listen to Thanatos. There are people who



say this is an ego trip. If this were an ego trip, would I hide behind the mask?

As a Real-Life Superhero, what do you do, exactly?

I'm an extra set of eyes and ears for the police. I help the homeless on the street with handouts of blankets, food, simple things like a loaf of bread, sometimes something as

simple as human touch and companionship. I keep an eye on them and I draw attention to the plight of people who fall through the system and end up on the streets. In my city alone I've probably reached out and touched 600 people.

NADIA FEZZANI/FOR METRO

TO READ THE FULL INTERVIEW, VISIT METRONEWS.CA/FEATURES

In Metro Thursday

- Super villains vs. superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- Video:** Real-Life Superhero Thanatos tells his story. Metro Vancouver reporters followed Thanatos on a rainy afternoon as he patrolled the gritty streets of Vancouver's Downtown Eastside.
- Slideshow:** The women among the Real-Life Superheroes.



Vancouver Real-Life Superhero Thanatos. PETER TAYLOR



Putting the 'her' in superheroes

Currently, there are about 15 female Real-Life Superheroes in North America. Most of them work with a team or as one half of a couple, but some of them also act on their own

Red Light. Street patrol

Red Light was only 15 years old when she decided to make a difference by volunteering at an elder-care facility. At 17, she was doing homeless outreach. Six months ago, she started to patrol almost every night, sometimes 12 hours at a time. Today, she still patrols 15 to 20 hours a week.

Working alone, she has to be careful with her actions. For example, she helps people by talking down a dispute or finding rides for those who are too drunk to drive. When the situation is too risky, she serves as an extra set of eyes and ears, and calls authorities when she witnesses suspicious activities or mistreatment of animals.

She decided to start working toward her EMT certification after trying to rescue a man suffering from a heroin overdose. "Many of my other skills were picked up through experience. I learned how to fight by necessity. I learned vigilance by being different. I learned to stay calm in a crisis by conditioning," explains Red.

Growing up, she was subject to sexual abuse and domestic violence. She was also diagnosed with a malignant tumour in her stomach at 28 years old. It took her five years to get the necessary funds to



Red Light NADIA FEZZANI/FOR METRO

go through her operation. She has become aware of her own mortality. "I feel like I've already been given extra time, so I'm not afraid of dying. Every day is another chance to make things better."

Now, with her red hair past her knees, she plans on donating it to Locks of Love, a non-profit organization that takes human-hair donations and creates wigs for young chemotherapy patients.

"Life is only as bad as you let it be. It's easy to forget how much we have when it feels like we have to fight so hard to keep it. It hasn't stopped me from being kind to people. I still patrol. I still help others. Anyone can do something. Anyone." NADIA FEZZANI/FOR METRO

Purple Reign. Night crime

For more than a year, Purple Reign was abused by her boyfriend — physically, emotionally and mentally. One night, when she was given permission to go out with friends — which didn't happen very often — Reign returned home to find her boyfriend angry and belligerent.

He attacked her.

"I told him I was going to call the police. I tried to escape and he kept coming after me," she says.

She threw open the door, yelling, hoping someone in the condo complex would hear her. No one came to her aid.

"He was choking me and banging my head against the floor. I started to lose consciousness and I couldn't breathe. I just gave up because I felt so low to begin with. I was finished fighting."

Finally spent, her boyfriend stopped hitting her. With the help of a domestic-violence lawyer, she kicked her boyfriend out and moved right



Purple Reign RYAN MCNAMEE/FOR METRO

away so her ex couldn't find her.

Within in a year, she met with Real Life Superhero Phoenix Jones and engaged in a healthy and loving relationship with him. She patrols with the Rain City Superheroes, a group of heroes from Seattle who fight crime at night.

She has since founded the non-profit Purple Reign Campaign — purplereigncampaign.org — through which she raises funds for the Northwest Family Life non-profit organization. They help victims of domestic abuse by proving them with education and assistance.

NADIA FEZZANI/FOR METRO

Women heroes

LORI FUSARO/FOR METRO



1 The Handler. Los Angeles

The owner of a dog-training school searches for strays animals and finds them new homes.

2 KatWoman. Cleveland

With the Underground Justice League Alliance, KatWoman engages in crime prevention and homeless outreach and helps locate missing people. A registered nurse, she also provides first aid to the injured.

3 Rock N. Roll. San Francisco

Rock N. Roll donates and distributes food and clothing to the less fortunate. She collects syringes in a public area frequented by intravenous drug users. She is the co-founder of the California Initiative and the S.T.A.N.D. news site.

4 Misery White. Minneapolis

Misery White champions anti-bullying, domestic-violence and child-abuse education and prevention programs. She also advocates for shelters, food banks and homeless outreach.

5 Crimson Catalyst. Chicago

Crimson Catalyst, a model and stage performer, patrols the streets and distributes food and supplies to the homeless. All of the meals are prepared by her.

NADIA FEZZANI/FOR METRO

Online filing cabinet. Google unveils digital content-storage service

Google is hoping to build the world's largest digital filing cabinet in the latest attempt to deepen people's dependence on its services.

The Internet search leader's latest product stores personal documents, photos, videos and a wide range of other digital content on Google's computers.

By keeping files in massive data centres, users will be able to call up the information on their smartphones, tablet computers, laptops and just about any other Internet-connected device.

Google Inc. announced the long-rumoured service Tuesday. Called Google Drive, the service is offering the first five gigabytes of storage per

Competitor

While San Francisco startup Dropbox Inc. has emerged as the early favourite among consumers, another startup called Box Inc. has carved a niche by offering online storage for businesses.

- Box has raised \$162 million US in venture capital and boasts about 120,000 companies as clients.

account for free. Additional storage will be sold for prices starting at \$2.49 US per month for 25 gigabytes up to \$49.99 US per month for one terabyte.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.21¢
(+0.30¢)

TSX
11,980.1 (-8.85)

OIL
\$103.55 US (+44¢)

Natural gas: \$1.975 (-3.2¢)
Dow Jones: 13,001.56 (+74.39)

GOLD
\$1,634.80 US (+\$11.20)

Tycoons announce cosmic mining venture

10-year plan.

Filmmaker James Cameron, Silicon Valley titans look to space to extract minerals

Space-faring robots could be extracting gold and platinum from asteroids within 10 years if a new venture backed by two Silicon Valley titans and filmmaker James Cameron goes as planned.

Outside experts are skeptical about the project, announced at a news conference in Seattle Tuesday, which would likely require untold millions, or perhaps billions of dollars and huge advances in technology. But the same

Beginning the process

"It's the stuff of science fiction, but like so many other areas of science fiction, it's possible ... making them reality."

Thomas Jones, former astronaut



Planetary Resources mechanical engineer Peter Illsley puts finishing touches on a prototype model of a low-orbit spacecraft Tuesday in Seattle, with the plan to mine nearby asteroids such as the near-Earth asteroid Eros, inset.

ELAINE THOMPSON/THE ASSOCIATED PRESS

entrepreneurs pioneered the selling of space rides to tourists — a notion that seemed fanciful not long ago, too.

"Since my early teen-

age years, I've wanted to be an asteroid miner. I always viewed it as a glamorous vision of where we could go," Peter Diamandis, one of the

founders of Planetary Resources, said at a news conference at the Museum of Flight in Seattle. The company's vision "is to make the resources of space available to humanity."

The inaugural step, to be achieved in the next 18 to 24 months, would be launching the first in a series of private telescopes that would search for the right type of asteroids.

The plan is to use commercially built robotic ships to squeeze rocket fuel and valuable minerals out of the rocks that routinely whiz by Earth. One of the company founders predicts they could have their version of a space-based gas station up and running by 2020.

Several scientists not involved in the project said they were simultaneously thrilled and wary, calling the plan daring, difficult — and very pricey. They don't see how it could be cost-effective, even with platinum and gold worth nearly \$1,600 US an ounce.

An upcoming NASA mission to return just 60 grams of an asteroid to Earth will cost about \$1 billion US.

THE ASSOCIATED PRESS



Retail

Canada-U.S. price gap scrutinized

Canada's retailers are blaming suppliers for the large gap between their prices and identical goods for sale south of the border, despite the nearly equal value of the two dollars.

Canadian merchants are being unfairly singled out for having higher prices than their American counterparts, Diane Brisebois of the Retail Council of Canada told a Senate committee Tuesday.

She said because Canada's population is so small in comparison, large multinational vendors can enforce a special

Canadian price for brand-name products and it can be anywhere from 10 to 50 per cent higher than in the United States.

"There are price differences between Canada and the U.S., but they are not always determined at the retail level," Brisebois told the committee.

Brisebois said Canadian retailers have no choice but to buy from the Canadian distributors of American manufacturers because they are restricted from buying in the U.S.

Canada is not the only country affected, she said. Others also face the same challenge, called "country pricing." THE CANADIAN PRESS

Britain

Novartis tries to push pricier drug on state hospitals

Swiss drug giant Novartis is taking legal action in Britain to make state-run hospitals use an eye drug that costs about \$1,120 per shot instead of a cheaper one that costs just 60 pounds \$95.

A study published in the New England Journal of Medicine last year showed Avastin worked just as well as Lucentis for treating the eye disorder.

According to Britain's health watchdog, Novartis'



The headquarters of Novartis AG in Basel, Switzerland.

GAETAN BALLY/THE CANADIAN PRESS

Lucentis is the only drug recommended to treat the eye problem macular degeneration in the country's state-run National Health Service hospitals.

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BACK WHEN SPAM WAS SOMETHING YOU DIGESTED, NOT DELETED



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Did you know there's an Internet Hall of Fame?

Well, there is, and the first inductees were announced on Monday— 33 in total, 30 men and three women. One of the

women was known as Jake and another was named Mitchell. So far, Geek Valhalla is a man's world.

Oct. 29, 1969, 22:30 hours. That's when the first message was sent on ARPANET, the Internet's immediate predecessor. It was from the Nigerian foreign minister, offering the recipient \$20 million in exchange for his bank-account number (LOL).

What did we do before?

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14.

there he is, one of the kids in the hall. Not for inventing the Internet per se, but coming pretty close: hailed as a "Global Connector" and helping to invent "the information superhighway," along which many a frustrated computer illiterate has become electronic roadkill.

The truth is there's not exactly one inventor of the Internet, because a bunch of old white guys flipped the switches. But the honour for the vision could go to J.C.R. Licklider of MIT, who released a paper in August 1962 on a "Galactic Network," a globally interconnected set of computers through which everyone could quickly access data and programs from any site. It was called Amazon (LOL, again).

Oddly, Jeff Bezos, the man who actually invented Amazon, isn't on the list — at least not yet — while Craig Newmark is. Newmark, of course, invented Craigslist, without which there would be no roommates or used-car sales, so I guess he's more important.

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14. We've come a long way from a time when pioneers such as Vint Cerf and Tim Berners-Lee (both inductees) envisioned a global electronic village to a day when people can pump out brainless, 140-character declarations about nothing 24-7.

I mean, where would we be without Twitter, Facebook, Pinterest and Netflix? Back in the cave with Don Draper ordering three-martini, smartphone-free lunches? The first email message went out in 1972, and it went straight to my junk-mail folder along with the Viagra ads.

Imagine what it was like before that, a time before your pocket buzzed every 30 seconds and when you missed an episode of Game of Thrones you could only wait until next summer for the reruns.

Hard to imagine. Check it out: internethalloffame.org.



As we can see, the Internet has helped us to make huge technological advances. KEVIN WINTER/GETTY IMAGES

Rubber hen in space? She's no chicken!



NASA / REX FEATURES

Guinea pig

Rubber chicken flies into storm

SPACE. A plucky rubber chicken has been sent into space to study a solar storm. "Camilla" has boldly gone where no chicken has gone before, after being attached to a helium balloon and sent to an altitude of 36 kilometres.

The hen was used to test levels of radiation in one of the strongest proton storms since 2003. **METRO**

Bird in space

One powerful rubber mascot

SCIENCE PROJECT. The stunt was carried out by Bishop Union High School students in California, as part of their science project last month.

Many space enthusiasts will be familiar with Camilla, who is the mascot of NASA's Solar Dynamics Observatory, and has more than 20,000 followers on social-media websites.

METRO



Camilla's helium balloon pops. EARTH TO SKY/BISHOP CA

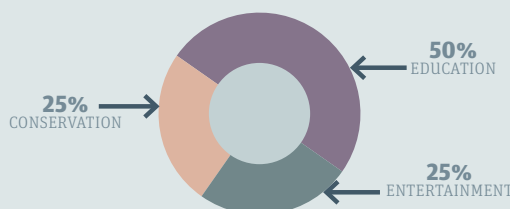
Camilla's flight

- **Scientific study.** In her two-and-a-half-hour flight, Camilla spent about 90 minutes in the stratosphere, where temperatures and air pressures are similar to those on Mars. On her specially knitted space suit, she wore a pair of radiation badges — the same kind donned by medical technicians and nuclear workers to assess their dosages.



Register at metropolitanpanel.ca and take the quick poll

What's the main purpose of a zoo?



Twitter

@MPullano:

Headed home from Ottawa after game 6 the customs agent asked, "Anything to declare?" I replied, "Victory"! @thenyrangers #blue-shirtbuzz #NYR

@PeterHumeOttawa:

It's wrong to miss March when you're in April. Ottawa spring is never the same twice!

@quillsbuo:

Ottawa weather, y u make me

wear socks and boots instead of flip flops?

@lizpotters:

I swear I live in the weirdest area in Ottawa, crazy people are always trying to start conversations with me.

@RogerAFCollier:

Hologram of Sylvia Plath to appear at Ottawa Writers Festival. Will bust sad rhymes.

2

SCENE

Scene in brief

Seacrest staying on with Idol

Ryan Seacrest is sticking around as host of American Idol. The Fox network said Monday night that Seacrest will continue as host of the hit TV singing-competition series, over which he has presided since its premiere a decade ago. The network gave no specifics about the length of his new contract, or any monetary details. Seacrest called the show's run until now "a wild ride," and said he is excited it will continue with him on board.

THE ASSOCIATED PRESS

Brand stands up for drug addicts

Comedian Russell Brand says "love and compassion" are key to weaning addicts off drugs. Brand testified before a U.K. parliamentary committee on Tuesday about his own experience with addiction, and said society should not "discard people, write them off on methadone and leave them on the sidelines."

THE ASSOCIATED PRESS

On the web



Zac Efron brings *The Lucky One* to London for European premiere

Jason Statham doesn't stray far from his wheelhouse in his new movie, *Safe*. HANDOUT

Statham's safety zone: Guns, girls and hard glares

If it ain't broke... It may have all been done before by the action star, but his new film is likely to be a Safe bet at the box office



IN FOCUS
Richard Crouse
scene@metronews.ca

Movie tough-guy Jason Statham is either remarkably consistent or just really enjoys playing guys who can break your neck with his steely gaze. Whatever the case, when you pay your money for a Statham

flick, you know in advance what you're getting into.

In this weekend's *Safe*, the gravelly-voiced action hero digs deep into his bag of tricks to play Luke Wright, a.k.a. Statham Character #2. That's the "loner with a past who must protect a youthful innocent." (As opposed to Statham Character #1 in which he plays "a loner with a past who must protect a loved one.")

Like his other movies, *Safe* is a marketers dream. Here's a sample ad:

Body Count: 350
Bullet Budget: \$1,000,000
Jason Statham's Steely Glare: Priceless

Recently a scientific poll — OK, I posted a question on Facebook — posed this question: What makes Statham movies so popular? Here are

Jason Statham

His über-macho presence is more important than the script — as long as he is in motion, running and leaping, kicking and punching, his films work.

some of the comments:

- His Blue Steel stare puts Zoolander to shame!

- His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.

- He always manages to kick someone's butt while being tied to a chair.

- Not since Don Johnson, circa *Miami Vice*, has an actor managed to maintain a perfect three-day stubble...

Let's face it, his movies are more than a bit predictable.

"You gotta be kidding me!" you'll be tempted to groan at some of the plot twists — if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona, his films are dumb good fun. His über-macho presence is more important than the script. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action-movie platitudes in his distinctive English rasp, his pictures work.

Statham has made films like *Transporter*, *Killer Elite* and *The Mechanic* over and over again. Different title, and sometimes with a big-name supporting cast (like Robert De Niro and Clive Owen) and sometimes not (*Safe* co-stars newcomer Catherine Chan), but the story of a tough guy who lives in a world where "Everybody knows the rules — there are no rules," is the common thread.

Statham, however, says he's open to showing audiences another side of his personality.

When a Huffington Post writer asked if he would make a rom-com with Reese Witherspoon he said, "Of course, I would love to do that. But my phone is right there and it ain't f---ing ringing."

Coulson: The glue that binds Marvel

Clark Gregg is probably best known for playing Agent Phil Coulson in *Iron Man*, *Iron Man 2* and *Thor*. Now Coulson is assigned the task of shepherding all the Marvel characters together for *The Avengers*. Metro sat down with Gregg to talk about what it's like being the 'weird uncle' who babysits a bunch of superheroes.

You've appeared in most of these films as the guy rounding up the team. What's it been like from your perspective?

I wasn't quite sure how I was getting to be a part of this — it seemed so surprising. Something about the character was clicking. I was doing scenes in *Iron Man 2* talking about going to New Mexico,

and finally I pulled somebody aside and said, "What's in New Mexico?" And they were like, "Nobody talked to you? You're going to be in *Thor*. You're kind of in charge in New Mexico."

Do you have a favourite Avenger?

You know, it may sound like a copout, but Agent Coulson

is not the father, certainly, of this dysfunctional family, but he is kind of like the weird uncle who babysits a lot. And I think there's a choice you make of just, "I'm never going to have a favourite." There's a special kind of snarky rapport with Tony Stark that Agent Coulson actually really enjoys.

NED EHRBAR



Clark Gregg plays Agent Phil Coulson in *The Avengers*.



Katy Perry ALL PHOTOS GETTY IMAGES

Katy spotted cuddling with Florence and the Machine guitarist

It looks like Katy Perry is moving on after her divorce from Russell Brand.

The pop singer was spotted at the Coachella music festival holding hands, cuddling and generally acting like a couple with Florence and the Machine guitarist

Robert Ackroyd, according to Hollyscoop.

Of course, Perry has also recently been linked to French singer and model Baptiste Giabiconi, with his rep going so far as to confirm their getting to know each other.

Twitter



@jimmykimmel

I had the pleasure of working with Dick Clark many times — great guy. Some trivia: did you know he HATED music?



@katyperry

When is the Sublime hologram coming to coachella?! #805



@NiaVardalos

Just back from Disneyland, sunblock wore off, my shnoz has been replaced by an eggplant.



@AlbertBrooks

I wonder if the U.S. purposely sends out crappy drones so when they're captured China & Iran get bad info?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Celebrity fetus round-up



THE WORD

Dorothy Robinson
scene@metronews.ca

It's a slow gossip day, so let's check in with everyone's favourite subject: The uteri of the stars!

First up: Jessica Simpson, who, it should be noted, is still pregnant. (At this point, does anyone else feel like Simpson is going to be in the Guinness Book of World Records for "mammal with the longest gestation period," right next to "elephant"?)

"I just woke up from a dream that I wore a leopard caftan in the hospital. Fabulous!!" Simpson tweeted Tuesday. "Now I need to find one!"

Even the Fashion Star mentor knows this is a seemingly never-ending pregnancy: "To everyone who keeps congratulating me on the birth of my baby girl ... I'm still pregnant!!" Simpson tweeted Saturday.

"Don't believe what you read, ladies and gents."

Meanwhile, Life & Style is reporting that Drew Barrymore, who has yet to confirm her pregnancy, is, like Simpson, having a girl. A source close to Drew "exclusively revealed" the sex of the child to Life & Style.

I'd take this news with a grain of salt, folks, as no "close" friend would sell out such sacred information to a tabloid. That being said, there's a 50/50 chance that this made-up information is correct. Good job of hedging your bets, Life & Style!

And, just in case you missed it: Giuliana and Bill Rancic, whose struggles with infertility are well documented, announced Monday on Today that they are going to have a baby via a gestational carrier.

"She is giving us the greatest gift we've ever getting in our lives," Giuliana, 37, tells People of the woman whose identity has not been revealed. "She's so selflessly helping make our dream a reality. We adore her."

Let's just hope this carrier isn't on the Jessica Simpson timeline of giving birth.



Jason Segel

Segel skips the red carpet to hang with his new girl at movie premiere

Jason Segel went to great lengths to avoid the cameras and still catch the premiere of girlfriend Michelle Williams' new movie, Take This Waltz, at the Tribeca Film Festival.

The 5-Year Engagement star dodged the red carpet to "sneak through the back entrance to be there with Michelle," a source says,

according to Hollyscoop. Of course, there was no such sneaking around when it came to the after-party, where the pair reportedly packed on the public displays of affection.

"There was no mistaking that they were a couple," says a source. "They seemed very comfortable and happy to be there celebrating together."



Drew Barrymore

Baby on board: Drew celebrates pregnancy, upcoming wedding

Drew Barrymore and fiancé Will Kopelman have plenty to celebrate, what with both a wedding and a baby reportedly on the way, so this weekend was the perfect time for a shower.

"Everyone was doting on

pregnant Drew and asking her how she is feeling," a source tells Us Weekly of the party, held at producer Leonard Goldberg's home.

"She is so thrilled to be expecting, and also really excited about the wedding."

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2012 BIG ACTS

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3

LIFE

Travel in brief

Where to get the world's best sandwich

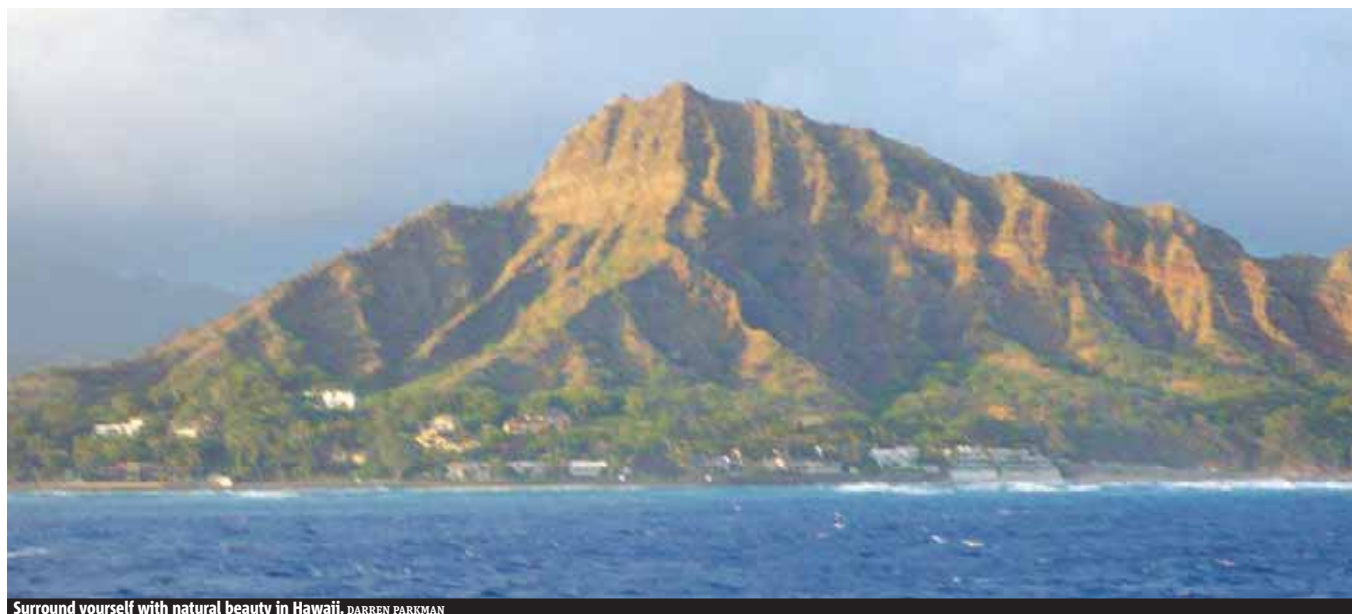
Grill some salami and baloney. Add Swiss or cheddar cheese. Slather on mustard. Put between yellow bread. What do you get? According to Travel and Leisure magazine, one of the world's best sandwiches. It's the Wilensky's Special, served at Wilensky's Light Lunch at the corner of Fairmont and Clark streets in Montreal's Mile End area. The diner was made famous by Mordecai Richler in his novel *The Apprenticeship of Duddy Kravitz* and has an ambience that, according to Frommer's, "can best be described as Early Jewish Immigrant."

THE CANADIAN PRESS

On the web



Don't stay home because you lack a companion: Tips for travelling solo.



Surround yourself with natural beauty in Hawaii. DARREN PARKMAN

Oahu's underwater views something to see

Submarine fun. The Travellin' Canadian overcomes his fear of small spaces for a deep-sea adventure



THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

Pineapples and hula dancers are one thing, but deep-sea diving in a real submarine is quite another.

Despite my gripping fear of confined spaces, I found myself signing up for an undersea submarine adventure aboard the world's largest high-tech

passenger sub — the Atlantis — during a recent respite to sunny Oahu. Claim to fame aside, the Atlantis seemed downright tiny as I climbed down the narrow staircase to take my place inside this cramped metal tomb. Thankfully, it was fully air-conditioned, but still I was sweating profusely as we sunk lower and lower down into the depths.

But the sights soon made me forget about my cowardice. The trip is well worth its cost of \$100. The undersea scenery is nothing short of spectacular, with an abundance of intricate reefs surrounded by fascinating sea critters. Gazing through my tiny seaport, I even spied a rather large and menacing reef shark swimming towards us.

That's around the time my

fear of confined spaces was replaced with my other crushing phobia — sharks. Luckily, even sharks can't bite through submarines, so all was well.

After floating by an authentic shipwreck and amazing artificial reefs, I felt like it was plenty of adventure for the price as we made our way back to the surface.

Then it was time to partake in what has become a very trendy pastime in Hawaii these days — something called paddle-boarding. For days, I'd seen people everywhere standing on surfboards with long paddles, riding waves and having fun. It appeared to be fairly easy. Turns out it really isn't.

Who knew you needed actual balancing skills to tackle this fun sport? So with gorgeous



The Pearl Harbor Memorial. ISTOCK

Diamond Head as a backdrop and paddle in hand, I hopped on my board and promptly fell in the ocean, all in one motion. Repeated attempts produced the same results.

After 19 or so tries, I actually was able to balance on the wobbly board and paddle around

for a bit. Turns out this paddle-boarding thing is actually quite a workout. I found just falling and climbing back onto the board multiple times was exhausting.

But that's OK — it's all part of fun on the water in Honolulu. Aloha, baby!

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Welcome to the wonderful world of the Disney Fantasy

Family-friendly cruising. New Disney ship isn't just for kids — with a spa and fine dining, parents are also in for a good time

AURÉLIE RESCH
life@metronews.ca

"Aaaaah!" is all I hear before I get splashed by a father and his son dropping down from a huge water slide. Clearly there's no shortage of screams and laughter aboard the new Disney cruise ship, Disney Fantasy. From "All aboard!" to "Are you ready?", your cruise will be action-packed, with plenty of activities and shows.

Action

Families and water-lovers will have a blast on decks 11 and 12 with water coasters, water sprouts, water games, two pools for children and one for adults. Get your thrills on the huge aerial slide. The AquaDuck is a one of kind — a 765-foot-long water coaster that spans four decks in height. A powerful stream of water propels guests on a little inflatable boat downhill, uphill and in various loops. Or if you feel like immersing yourself, have fun with the little ones in the shallow and warm Mickey Mouse pool. If you feel more like getting in a few laps, move to the Donald Duck pool where you'll be swimming pretty briskly to brave the cool waters.

hot tub facing the ocean after that.

Rested yet? Be ready after a hearty meal and an evening of entertainment with live Disney productions on stage, and activities, fireworks and a dance party through the night on deck 11.

Indulgence

Now, if your idea of a cruise is quiet, indulgence and refinement, be Disney Fantasy's guest. If you came as a family, drop your children at Disney's Oceaneer Club, where they will have a blast playing with other children and taking part in the hundreds of activities that are offered.

Once the kids are looked after, head to the Senses Spa and Salon for an ultimate pampering retreat. Enjoy an oasis of calm and let the rainforest saunas and water therapies relax your mind and muscles.

Soak in a jacuzzi on a private veranda facing the sea while waiting for your treatment. You can choose from a variety of signature massages and treatments that will surely erase any stress and fatigue left in your body and mind. If you'd like to be active, but without any Disney characters fooling around, you can head to the gym next to the spa and exercise while admiring the ocean through the huge glass panels. You can also go for a swim in the adults-only pool and enjoy a cocktail in the sunshine with friends at the bar.

Romance and elegance is what you will find at Remy. This upscale restaurant offers

Facts and figures

The Disney Fantasy...

- **Weights.** About 130,000 gross tons
- **Stretches.** About 340 metres in length
- **Crosses.** The width of 37 metres
- **Carries.** A capacity of 4,000 passengers

ish Art Nouveau setting with a softly-lit ambiance for a dinner to remember. The view of the ocean through the windows is breathtaking and all in this restaurant is designed to please your senses and create an intimate vibe. Palo is another fine adult-exclusive restaurant you might want to try for a taste of northern Italian flair. Also located on deck 12, it offers the same superb panorama view of the sea and an equally elegant setting. Bars and lounges abound on Disney Fantasy and it will be your call to choose between a quiet alcove for a chat over a coffee or a cheerful happy hour. The Tube nightclub offers partygoers the possibility to end the night shimmying on an illuminated dance floor.

A cruise for everybody

Come as a family, a couple, a group of friends or by yourself — aboard Disney's new ship, you're sure to find whatever you'd want to make your cruise memorable.



All aboard the Disney Fantasy are guaranteed to find something to suit their tastes. PHOTOS: AURÉLIE RESCH



Cool off in one of the many pools.



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Kids will delight in the Disney Fantasy's on-board entertainment.

Feel like a character in a Disney story



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To register and for full contest details visit clubmetro.com.

As to Disney properties/artwork: ©Disney. As to Disney/Pixar properties/artwork: ©Disney/Pixar.

Local ingredients shine in Butternut Squash, Spinach and Feta Frittata

Butternut Squash, Spinach and Feta Frittata



This recipe serves 12. THE CANADIAN PRESS H/O

"Butternut squash is a great local food for all of Canada," says Toronto-based Christy Brissette, a registered dietitian and spokesperson for Dietitians of Canada. "The frittata is full of beta-carotene. It's also a way to enjoy some greens and get some vegetables in there."

It can be served with a green salad or a steamed green vegetable such as peas, beans or edamame. For a protein boost, sprinkle the salad or vegetable with toasted nuts or seeds.

1. Grease 33-by-23-cm (13-by-9-inch) glass baking dish. Then place squash in microwave-safe bowl and cover with plastic

wrap, leaving a corner open to vent. Microwave on high for 5 minutes or until fork-tender. Drain off excess liquid. Stir in potatoes, spinach and red onion. Spread in baking dish.

2. In a bowl, whisk eggs, milk and pepper. Pour over veg and stir to distribute. Sprinkle evenly with cheddar and feta.

3. Bake in 200 C (400 F) oven 40 mins. or until eggs are set. **THE CANADIAN PRESS/COOK! BY THE DIETITIANS OF CANADA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 1 butternut squash (about 2 lb/1 kg), peeled and cubed (1 to 1.25 litres/4 to 5 cups)
- 375 ml (1 1/2 cups) peeled and cubed potatoes
- 1 pkg (300 g/10 oz) frozen chopped spinach, thawed and drained
- 175 ml (3/4 cup) thinly sliced red onion
- 8 eggs
- 125 ml (1/2 cup) 1% milk
- 1 ml (1/4 tsp) freshly ground black pepper
- 250 ml (1 cup) shredded cheddar cheese
- 125 ml (1/2 cup) crumbled feta cheese

Drink of the Week

Frangelico Truffle Cocktail

Fancy a Frangelico Truffle Cocktail?

You'll have an affection for this confection with a decadent combination of Frangelico, Skyy Vodka and a cold espresso shot.

Garnish it with chocolate shavings!

1. Shake with ice and serve up in a cocktail or martini glass. Dust with dark chocolate shavings.

- 1 oz Frangelico
- 1oz SKYY vodka
- 3/4 oz cold espresso
- SKYY SPIRITS



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It's rich, creamy and filled with delicious cheese

1. Heat oven to 200 C (400 F). Fill bowl with ice water.

2. Bring saucepan of water to a boil. Add asparagus and blanch 3 minutes or until just tender. Use slotted spoon to remove asparagus from boiling water and transfer to ice water. Once cool, drain and set aside.

3. In blender, combine egg whites, whole eggs, fat-free half-and-half, 1 ml (1/4 tsp) salt and 1 ml (1/4 tsp) pepper. Blend until smooth. Stir in gruyere.

Ingredients

- 250 ml (1 cup) chopped asparagus (1.5-cm/1-inch lengths)
- 4 egg whites
- 2 whole eggs
- 125 ml (1/2 cup) fat-free half-and-half
- Salt and freshly ground black pepper
- 50 ml (1/4 cup) shredded gruyere cheese
- 15 ml (1 tbsp) olive oil
- 2 shallots, sliced
- 175 ml (3/4 cup) dice smoked ham
- 500 ml (2 cups) shredded frozen hash brown potatoes, thawed



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. In oven-safe skillet over medium, heat oil. Add shallots and cook 4 mins. or until soft. Add ham, asparagus and blended egg mix. Stir for 1 min.

or until egg just starts to set up. 5. Sprinkle potatoes over top and sprinkle with salt and black pepper. Bake 5 mins. on centre rack or until eggs are set.

Increase to broil and cook for 7 mins. or until potatoes are crisp and lightly browned.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)



Getting your head out of the clouds may mean having to build up a sense of independence. ISTOCK

When 'work is killing me' rings all too true

Where to turn? Study shows that feeling chained to a job may affect your health

CELIA MILNE
life@metronews.ca

How is your job going? Could you find another one if you wanted to?

If you only stay at your workplace because there's nowhere else to go, burn-out may not be far behind.

Researchers at Concordia University in Montreal surveyed 260 workers from various industries, such as IT, health services, engineering and architec-

Glass half-empty

"Two people could have the same job and only one is pessimistic. It's the perception of whether there are alternatives."

Alexandra Panaccio, assistant professor of management, Concordia University

ture. They found out that feelings of being trapped or strongly obliged to stay at their job is linked to rockier health status.

"People who sense they have a lack of alternatives are likely to experience exhaustion," says Alexandra Panaccio, assistant professor in the department of

management at John Molson School of Business, Concordia University in Montreal, one of the authors of the study.

"Concretely, it means you are tired in the morning and drained at the end of the day. This will lead to physical symptoms," she says.

Signs of burnout include sleeping issues, heart problems, weight concerns and tension headaches.

Interestingly, it's not the job itself that matters, it's how you perceive your status there.

"Two people could have the same job and only one is pessimistic," Panaccio says. "It's the perception of whether there are alternatives."

Learning to relax

Alexandra Panaccio suggests that anyone feeling caught in their current job should focus on training.

- "Try to be in a situation where you feel confident you could find another job if you needed to," she says. Paradoxically, she adds, employees who develop their competencies, giving them a sense of freedom to find another job, are more likely to stay at their present job.

The study was published in the journal Human Relations.

On the shelf

The Fire Starter Sessions

Danielle LaPorte's new release *The Fire Starter Sessions* is a book about success — what it is and how to get it.

Riddled with humour, LaPorte shares her personal experiences of achievement and loss, giving a personal, intimate feel to the advice in her book. Inspirational quotes break up the short chapters, each with their



own tongue-in-cheek titles like "Competency is for suckers" or "The cheap kind of easy." There are 16 "sessions" in total, each dealing with their own, unique subject. **DELIA MACPHERSON**

Book Review

Making the brand



CRAIG LUND
Craig Lund
clund@marketingtalentinc.com
Twitter: @craiglund

Brandwashed
By Martin Lindstrom
Crown Business,
\$28.95, 260 pages

I recently attended The Art of Marketing conference in Toronto, an event series that showcases leading marketing minds and authors in a full day of inspiring storytelling. It was here that I came across Martin Lindstrom, a very well-known Danish brand marketing expert (LEGO enthusiast) and author of New York bestseller *Buyology*.

Lindstrom shared a few highlights from his most recent book *Brandwashed*, an exposé on the undercover tactics that brand marketers use to sell you everything and anything you likely don't actually need. As Lindstrom succinctly put it, "the full range of psychological tricks and schemes companies and their shrewd marketers and advertisers have concocted to prey on our most deeply rooted fears, dreams, and desires,

all in the service of persuading us to buy their brands and products."

As a marketer, this was not entirely surprising, but when you look at how subliminal some of these tactics are (womb marketing for example), it makes you think twice about where the line should be drawn. In the first chapter, Lindstrom discusses how we become primed as early as when we are still in the womb to 'buy.' Studies indicate that music and scents that an expectant mother is exposed to will impress upon the fetus. "Music is very powerful in producing fetal memories. When the mother frequently listens to music, the fetus will learn to recognize and prefer that same music compared to other music".

Lindstrom's book dives into several of our primal emotions including sex, fear and desire, showcasing how sex sells Axe Deodorant to awkward teenage boys, and how fear sells home security systems to women. This book is a remarkable reflection of how sophisticated marketing has become, but at the same time makes you question why we have so much affinity for so many brands. Brand detox any one?

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC.



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The dos and don'ts of post-grad internships

You've been selected
Now it's time to brush up on the ins and outs of being an intern

BRIAN CAULEY
TalentEgg.ca

Do:

Look for internships that are challenging. One of the purposes of an internship is to help you progress as a person and as an employable candidate.

Aim high. The internship

should either be slightly outside your skill set or be with a higher-profile organization than you've worked with in the past. You may not be able to land a full-time permanent position like this straight out of school, but employers big and small love taking on and training eager interns.

Don't:

Act unprofessionally
Treat the internship like a real job — show up on time or early, make yourself useful, avoid mistakes (or own up to them when you make them) and stay late if necessary.

Expect to be hired after your internship.

An internship is not an extended interview. While some students and recent grads are hired following an internship, it's not a given. Keep yourself open to all opportunities.

BRIAN CAULEY IS A TORONTO-BASED PRODUCER OF AUDIO PROGRAMS AND PODCASTS WHO RECENTLY COMPLETED A MASTER'S DEGREE IN MEDIA PRODUCTION AT RYERSON UNIVERSITY.

Student Voice

Recruiters, be realistic

Seeba Alexander
Graduate, Ontario College of Art and Design, Illustration
Graduate, Centennial College
Graphic Design Media
TalentEgg.ca

After finishing school for the second time, finding a job in the creative design field was harder than I thought it would be. In college, getting a good placement in graphic design was also difficult.

In desperation, I took an unpaid internship. As it was unpaid, traveling, supporting myself financially and maintaining my part-time job was tough, not to mention physically and mentally draining.

The company expected me to work eight hours a day with only a 30-minute lunch. It was so terrible that I had to quit my paying job to focus on the internship.

After school was over, applying for jobs was tough. The worst part about applying is when employers say they will call you to let you know if they are interested or not, and then don't bother to follow up.

I applied to retail, hoping to land a design-related job in the company later on, but no postings have appeared.

While working at my retail job and being on a probation period, I applied for an unpaid internship with a company who was interested in me. However, they wanted me to commit to four days a week, but my schedule was not fixed at the other job. I told them my situation and they said that internships for two or three days instead was not possible.

I have applied to jobs on the OCAD job site and received two replies, one for a paying job and the other for an unpaid position.

For internships, companies should compensate in some way. Otherwise, accept the fact that students have part-time jobs that they are committed to for financial reasons. If a student says they can only give two or three days in a week, it's not that they don't want to work more. They have no choice.

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EMBASSY OF JAPAN
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AMBASSADE DU JAPON
AU CANADA

From working for free to finally getting hired

Intern to employee.
A guide to securing a spot by someone who managed to do it

JUSTINE ABIGAIL YU
TalentEgg.ca

Ah, the beloved and yet begrudged unpaid internship. Is there any other position that elicits more mixed feelings?

It's an incredible opportunity that gives you that competitive edge to build your career, opens doors to much-needed work experience, and puts you in touch with a whole slew of potentially critical contacts.

But no monetary compensation? Zero? Nada? Zilch? It's a bit of a tough pill to swallow because those student loans are not going to pay themselves and you do kind of need to eat.

I spent months as an intern for an international non-governmental organization and I turned that unpaid internship into a paid, previously non-existent job.

How? Let me tell you how it's done...

Work as hard as you can

Well, obviously. This should go without saying, but you've really got to treat the internship like a real job. Take ownership of any and all of the tasks that are thrown your way. For the next coming months, that internship is your baby and you'd better make sure your baby is the healthiest, most successful baby there is! (Awkward analogy, but you know what I'm trying to get at...)

Offer to take on extra responsibilities

Time permitting, of course. Show that you're a go-getter and willing to get your hands dirty. And don't just stick to your department, either. Network with individuals from other areas of the company and see if there's anything you can do to help.

Not only will you broaden your skill set beyond your general expertise, but you'll also broaden your exposure to different people who may

Pick up the phone

Make a point of keeping in touch

- So maybe there just really isn't a job available for you right now. Still, keep in touch and check back every now and then just to say hello and touch base. Make sure you're always on their mind so if a position does open up, you'll be kept in mind.
- But here's hoping... By that time, you've already been scooped up by another company — because, let's face it, you're a pro!

be able to offer you a job in the future.

JUSTINE ABIGAIL YU IS A COMMUNICATIONS PROFESSIONAL BY DAY AND A FREELANCE WRITER BY NIGHT. TALENT-EGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Twitter

@TalentEgg
How can students make a good impression during a summer internship?

@JillianAnnas
Learn what's ok, don't follow bad behaviour of others!



@sidneyvematrix
My 2cents: take initiative & be a problem solver

@Yen_Ho:
Go beyond your job description and seek other opportunities on your team/organization... don't be afraid to learn!

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TIME TO REAP THE REWARDS

EXPLORE THE GROWING WORLD OF INCENTIVES WITH REWARDS CANADA

If you are uncertain where to look for travel deals in a marketplace that is fast becoming a social media maze, Rewards Canada can help you map out a shortcut to savings. The easy-to-navigate website has a surplus of information on building rewards points for travel, whether it be earning frequent flier miles with a specific airline or saving on the best hotels.

Rewards Canada has you covered with the most efficient ways to effortlessly maximize your travel savings.

Initially launched in September 2001, Rewards Canada provides easy access to articles, charts and information on all the current programs available. By simply visiting the website, consumers are able to pinpoint the most up-to-date offers. These incentives are quickly gaining momentum with Canadians in the



GEORGE DOYLE/STOCKBYTE/THINKSTOCK

know and there is a plethora of reasons to keep up with Rewards Canada.

According to CEO and founder, Patrick Sojka, many consumers are becoming knowledgeable in regards to the best ways to utilize rewards.

"The programs themselves are

doing a good job of promoting the benefits of loyalty programs and consumers are getting very savvy by taking the time to learn all the ins and outs to make sure they maximize their experience in the world of earning the miles/points," he says.

Some of the most popular programs are Aeroplan and Airmiles, but Sojka says that newer programs are also rising through the ranks. For instance, Westjet Rewards have been gaining momentum over the last six months as they have broadened their focus to include the leisure traveller as well as the business traveller.

Rewards Canada currently focuses exclusively on travel rewards, but over the next year it will also be exploring further loyalty offers such as cash back credit cards. For those who may be uncertain how to get started, Sojka says all the information needed is just a mouse click away.

"You just simply have to visit Rewardscanada.ca to become aware of existing opportunities, but we also have a weekly newsletter that provides a roundup of all the items added to website over the previous week," he explains.

Rewards Canada also features a blog and utilizes social media tools such as Facebook and Twitter.

To learn more, visit rewardsCanada.ca/.

— Nicole Trask

SPA JUNKIE AND *The* ART OF STRAIGHT TALK: SUGARING

Are you still waxing down there? OUCH!
Sister, we need to talk and you need some Sugar! No not the high calorie kind, but the OMG my life just changed and why didn't I know this existed before kind. At Spa Junkie we use a gentle and effective Sugaring technique in important places.



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SWEET DEAL AT SPA JUNKIE

SUGARING MUCH LESS PAINFUL THAN WAXING

Spa Junkie puts a new spin on the traditional esthetician offering.

"We provide specialized, expert, attentive service in a comfortable, relaxed atmosphere," says Louise Green, who founded Spa Junkie along with well-known Ottawa hair guru Fadi Assaad. "We refer to it as a 'hair and beauty bar' because we offer only a few select services."

Located on Laurier Avenue between Metcalfe and O'Connor, Spa Junkie focuses on sugaring, waxing, hair and skin care, and makeup. The company hires only experienced specialists able to consult with clients and provide personalized, expert advice. Green, affectionately known as the "brow architect," is also known for her exceptionally gentle sugaring technique.

THE ART OF SUGARING

Sugaring is an effective method of hair removal using a paste made of sugar, lemon juice and water. Unlike waxing, which removes live skin cells and can leave bruises and in-grown hairs, sugaring removes only dead cells and is much less painful. As a result, it's the preferred technique in what



ISTOCKPHOTO/THINKSTOCK

Spa Junkie calls "the southern hairsphere."

"Once you've tried sugaring, you'll never wax down there again," says Louise Green. "Waxers are amazed when they try sugaring for the first time — they can't believe how easy and thorough it is."

Because sugaring is a more difficult technique to master, few estheticians offer it. Spa Junkie is so confident in the quality of its services, it offers discounts to repeat customers and for customer referrals. Under its monthly Frequent Flyer program, every sixth sugaring is free. And referrals earn a 25 per cent discount for both the new clients and the customers who referred them. A sweet deal!

OPTIONS ABOUT FOR YOUR POINTS

Have you ever looked at piles of rewards points, thinking, “I can’t get anything for that?” Take hope. You might not score that dream vacation, but there are ways to get something else worthwhile.

INSTANT REDUCTIONS

Some programs recognize clients don’t want to save up — they want savings, now. Air Miles began a “cash” program in March due to customer demand. “They really wanted the instant benefit of being able to get cash off,” says Rachel MacQueen, a spokesperson for Air Miles. “It’s picking up great momentum.”

Linda DiMaria is a Toronto-based collector who likes the idea of cheaper gas and groceries.

“In this day and age, when money is a little scarce, it’s nice to be able to use it towards things that we do need right now,” she says.



ISTOCKPHOTO/THINKSTOCK

TRADE ‘EM IN

Explore whether you can exchange dead-weight points for useful ones. Your card issuer may already have agreements with other programs: For example, certain CIBC credit cards, American Express and Diners Club points can be converted into Aeroplan Miles. You need to own both accounts in the

exchange. Be aware the exchange rate may not be a direct one-to-one.

There is also the Toronto-based company Points.com, which allows you to trade points with other cardholders — for a fee. “There’s a lot of overlap in the types of programs that people are participating in,” says Points.com president Christopher Barnard.

“We’ve spent the last 10 years building up a really great relationship with companies around the world.” That allows the unique service to move trades securely from one account to another.

INTANGIBLE ITEMS

“I redeem online and get the gift cards through the mail, though I only do it once or twice a year after the points have accumulated,” says Jessica Patterson, a Calgary-area collector. As a bonus, she can use the cards to shop for items on sale. If you are with RBC Rewards, you could even apply the points towards your mortgage or RRSP. “It’s our fastest growing redemption option,” says RBC spokesperson Matthew Gierasimczuk.

DONATE

Many points programs allow you to donate to charity. There are big causes like Engineers Without Borders and War Child Canada, but some programs also allow small charities to register like the local Scouts troop, daycare, or food bank. Some offer a charitable tax receipt.

Overall, Patrick Sojka, the editor of Rewards Canada.ca, thinks the field of non-traditional rewards may continue to see more options. “There are some people who have way more miles and points than they know what to do with,” he says.

— Shaina Luck

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LOYAL CONSUMERS

CANADIANS CHOOSE RETAILERS BASED ON REWARDS: SURVEY

Canadian consumers aren't the only ones who love loyalty points and rewards.

Retailers — from airlines and banks to grocery stores and hotels — love the sticky habits that keep their best customers coming back for more, new research shows.

A whopping 92 per cent of Canadians belong to at least one loyalty program.

The technical term for that sky-high participation rate is “everybody,” quips Rob Daniel, vice-president of loyalty and research at Maritz Canada, a consulting firm that specializes in reward programs.

“The main reason why people love points and loyalty programs is really simple,” he says. “They love the idea they’re getting something in return for



DIGITAL VISION/THINKSTOCK

behaviours they would do anyway.”

Each Canadian carries an average of six loyalty cards, although those who earn more than \$125,000 per year have double that number.

Here's the part that businesses love: Affluent consumers are most likely to change their shopping patterns to accommodate loyalty programs.

That's according to a year-long

survey commissioned by Maritz that spoke to more than 6,600 Canadians and covered 59 loyalty programs. It was released in February.

About two-thirds of those surveyed said they are more likely to continue doing business with a company that has a loyalty program. And just more than one-third, 35 per cent, have driven past one retailer to get to another one where

GETTING A RUSH

The Maritz Canada study on loyalty programs also found: 38 per cent of those surveyed will purchase a different brand than they normally use in order to maximize loyalty benefits; 69 per cent said the programs are worth the effort of participating; 45 per cent get a rush from watching loyalty program balances grow.

they can earn more points.

“Participation in loyalty programs is universal,” Daniel says. “What’s surprising is that 62 per cent were willing to raise their hand and say it’s a marketing scheme that actually pushes them to continue doing business with one brand over another.”

That compares to just 10 per cent who will admit traditional marketing, such as advertising in newspapers, flyers or on TV, influences their shopping pattern.

“Consumers told us they are particularly loyal to programs that make them feel special, offer non-monetary privileges for members only, and communicate often in ways that consumers find personally relevant and interesting,” Daniel adds.

— *Torstar News Service*

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Time to tweak your skin care

Warmer days. Skin needs less moisturizer and more sunscreen

RICHARD WOODBURY
For Metro

Spring changes a lot of things in our lives, including the clothes we wear and the amount of time we spend outdoors. With these changes, people need to think about their skin.

"As we head into a season, I

always get my clients to slightly tweak their home care, especially going from winter to spring," says Dawn Baker, co-owner of Chrysalis Spa.

The good news is skin is a bigger fan of spring than it is of winter.

"Our skin is always challenged (during the winter) by a drier climate, whether it's indoors with the various types of heating systems, as well as the dry cold air on the outside," says Baker.

Another reason is that in spring there is more ambient humidity in the air, meaning

skin requires less hydration. As a result, people shouldn't have to use as much cream and moisturizer.

People need to think about wearing sunscreen, especially given that we are more inclined to spend time outside, such as workday lunches on restaurant patios.

"It definitely means we have to start to get a little more disciplined with wearing sunscreen on a daily basis," says Baker, noting that people who walk to work should consider this, as well as people who have long com-

mutes in their vehicles.

She says people need to be especially careful about sunburns on that first day they will be exposed to the sun.

"The sun and the warm air feels really great, but what people are forgetting is that area of their body hasn't seen the sun all winter long, so they have to be really careful about that first day," says Baker.

One of the side-effects of the depletion of the ozone layer has been an increase in UV ratings, so people need to be especially cautious.

Step outside for exercise

RICHARD WOODBURY
For Metro

One of the joys of spring and summer is that it's a much more comfortable time to exercise outdoors. However, before you lace up your shoes and head out the door, there are a few things to keep in mind.

Whether you are looking to exercise one day a week or seven, it's important to remember that any exercise is better than no exercise, says Adam Patterson, a personal trainer.

He says it might even be wise to think about seeing a doctor before establishing a routine.

"Depending on (their) current fitness level, some people may want to check with their doctor to make sure they can start exercising without any worries," he writes in an email.

The choice of footwear is another important consideration.

"The surface is quite different from indoors so you want to make sure you wear the appropriate footwear," says Megan Trewartha-Ledingham, the vice-president of the national chain Booty Camp Fitness and also an instructor.

The time of day is another factor, as you will want to

avoid working out when the heat is at its peak, which is usually between the hours of 11 a.m. and 3 p.m.

Rather than moving full steam ahead with their new fitness routines, people should ease into it. And for people expecting to see instantaneous results, don't be discouraged — it takes time.

"It can take several months to see changes in the body," says Patterson.

With that in mind, don't bother doing a weigh-in everyday.

"Depending on food and water intake, people can literally go up and down one to five pounds just in water," says Patterson.

One of the joys of exercising outdoors is that it can be such a welcome change from people's normal workday routine.

"A lot of people have indoor desk jobs," says Trewartha-Ledingham.

Part of the challenge with sticking to a routine is that one can easily lose motivation. For this reason, she recommends people exercise in pairs (or larger groups).

"It's great to have somebody that keeps you accountable," says Trewartha-Ledingham.

"If you're both expecting to go together, you'll kind of hold each other to it."

Winter clutter. Spring clean your life as well

Our minds are much like our homes. They both get cluttered with old ideas, old attitudes, old conversations and old hurts.

From negative emotions and moods to procrastination and personal tasks not completed, spring is the perfect time to insert a little positive energy into your life. The returns will be worth it, and

you will enjoy the person you can be.

Make room for happiness

Get rid of negative emotions like anger, jealousy and self-doubt. Throw out old misunderstandings and lack of patience. Sweep out the dirt of gossip. Wash away delay and procrastination. Free up some space in your life for

new and exciting opportunities and challenges.

Dust off your attitude

A positive attitude begins with gratitude. Practise giving instead of taking. Choose to have a little fun every day.

Put on fresh coat of positive

Lighten up your life with humour and fun. Be in charge of

your thoughts and your life and remember that you decide when to laugh.

Get unstuck

If everything in your life is just OK, it can be hard to make a change. When everything is fine enough, but you aren't truly excited about anything, figure out how you can change that. **NEWS CANADA**



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4

SPORTS

Quoted

"Typically, I'd be there in a second, but this isn't a normal situation and this isn't me trying to hide away from the world championships. I love playing for Team Canada.... Anyone who is questioning that right now obviously doesn't know me or aren't thinking right."

Sidney Crosby, who strongly defended his decision to not play for Canada in the upcoming world hockey championship on Tuesday, saying he needs to go through the full summer of preparation he missed because of a concussion last year.

"Really, I don't have a choice."

Crosby's Pittsburgh Penguins teammate Evgeni Malkin, who will suit up for Russia at the event in Helsinki and Stockholm from May 4-20.

On the web



It's been a crazy month for golfer Bubba Watson after winning the Masters in a sudden-death playoff on April 8. But, despite the recent fanfare, the lefty with a flair for the dramatic says he's still "just Bubba." Now Watson's back to work preparing to defend his title this week at the Zurich Classic. Scan the code for the story.



Senators captain Daniel Alfredsson steps on the ice for Game 6 against the Rangers on Monday night. SEAN KILPATRICK/THE CANADIAN PRESS

Captain not ready for voyage to end

NHL. Alfredsson puts outburst in past, but future still uncertain

If the end truly is near, Daniel Alfredsson doesn't want to go out like this.

The classy Ottawa Senators captain unleashed a tirade during Monday's Game 6 loss unlike anything seen during his previous 1,240 NHL games. It included a smashed stick, squashed water bottle and a few choice words directed towards coach Paul MacLean.

And it was followed by a morning-after mea culpa.

"It was bad," Alfredsson said Tuesday. "I know I've got to control myself. I didn't send a good message to the rest of the team by doing that, so I don't think you'll see that happen again."

There might not be many more opportunities. Ottawa faces a Game 7 against the New York Rangers at Madison Square Garden on Thursday night and it could very well be the last time Alfredsson ever plays in the NHL.

Interestingly, that possibility hasn't yet developed into a major local story during this series — Alfredsson has fielded far fewer questions on the subject than countryman Nicklas Lidstrom faced before Detroit was eliminated last week —

Quoted

"Right now I'm just taking it day by day. As I said before the playoffs, this could be my last playoffs no matter what. We'll see after (the season) I guess, but I don't know right now."

Daniel Alfredsson, Ottawa Senators captain.

despite the fact the 39-year-old has hinted on a couple occasions that this might be his last playoffs.

It's almost as if Alfredsson has become such a mainstay with the organization that no one can imagine him actually retiring.

But there are glimpses of urgency in the current situation for Alfredsson, who returned to the lineup nine days after

suffering his second concussion of the season and was acutely aware of the opportunity slipping away from the Senators.

The team entered the night with the first-place Rangers on the ropes and delivered its worst performance of the series during a 3-2 loss that was nowhere near as close as the score might suggest.

Injuries have taken a toll on Alfredsson in recent years, with

a serious back problem bringing an early end to his 2010-11 season.

But the Swede maintains he's still game for the rigorous nature of the NHL.

"It's a physical sport, but it's also fun," he said with a smile.

Even with a Game 7 on tap against the Rangers and hopes for a long playoff run still alive, MacLean spoke Tuesday about how Ottawa views itself as an organization that is focused on the future.

"Again, we're still in a building, rebuild or foundation thing," said MacLean. "I know that we're getting a little old saying that ... but we are still a team that's growing."

After gathering for a team meeting Tuesday, the Senators weren't shy about reminding reporters that they are underdogs against a New York team that virtually led the Eastern Conference from start to finish in the regular season.

But if they're looking for any extra motivation, they need only look across the dressing room at Alfredsson.

The only thing that can guarantee he'll play another game at Scotiabank Place is a victory on Thursday that would set up second-round dates in the arena next week. At this point, Alfredsson doesn't want to consider any other possibility. **THE CANADIAN PRESS**

NHL

Luongo willing to walk away from no-trade clause

Roberto Luongo said on Tuesday that he will waive his no-trade clause if the Vancouver Canucks ask him to this off-season.

Luongo made the comments as the Canucks cleaned out their lockers following Sunday's early elimination from the Stanley Cup playoffs by the Los Angeles Kings.

"It's going to be what's best for the team," said Luongo. "Whatever scenario that is, I'm OK with it. Whether that involves me being here or not is OK."

Luongo watched from the bench as Cory Schneider replaced him in net for the final three games against the Kings.

Schneider is slated to become a restricted free agent this summer and will merit a raise, while Luongo has 10 years left on a 12-year contract.

THE CANADIAN PRESS



Roberto Luongo meets with reporters in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

NBA

NBA bans World Peace for 7 games

Lakers forward Metta World Peace has been suspended seven games by the NBA for elbowing James Harden, meaning he could miss at least six playoff games.

World Peace was ejected from Sunday's game for throwing an elbow that struck Harden in the back of the head, giving him a concussion.

World Peace, formerly known as Ron Artest, will miss the season finale on Thursday at Sacramento, then the next six games for which he is eligible. The playoffs open Saturday.

THE ASSOCIATED PRESS

Olympic soccer



"I watched from the stand; always dreamed of leading a team out there one day." John Herdman, Canada's women's coach, on being drawn to play at St. James' Park in his native Newcastle, England. Japan, Sweden, and South Africa round out Group F.

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS
(Best-of-7)

EASTERN CONFERENCE

N.Y. Rangers (1) vs. Ottawa (8)
(Series tied 3-3)

Tomorrow's game

Ottawa at N.Y. Rangers, TBD

Monday's result

N.Y. Rangers 3 Ottawa 2

Boston (2) vs. Washington (7)
(Series tied 3-3)

Tonight's game

Washington at Boston, 7 p.m.

Florida (3) vs. New Jersey (6)

(Florida leads series 3-2)

Last night's result

Florida at New Jersey

Tomorrow's game

x-New Jersey at Florida, TBD

Pittsburgh (4) vs. Philadelphia (5)
(Philadelphia wins series 4-2)

WESTERN CONFERENCE

Vancouver (1) vs. Los Angeles (8)
(Los Angeles wins series 4-1)

St. Louis (2) vs. San Jose (7)
(St. Louis wins series 4-1)

Phoenix (3) vs. Chicago (6)
(Phoenix wins series 4-2)

Monday's result

Phoenix 4 Chicago 0

Nashville (4) vs. Detroit (5)
(Nashville wins series 4-1)

x — played only if necessary.

MONDAY

RANGERS 3, SENATORS 2

First Period

1. Ottawa, Neil 2 (Gonchar, Foligno) 7:05 (pp)

Penalties — Rupp NYR (roughing) 5:47, Carls-
on Ott (delay of game) 10:02, Prust NYR, Neil
Ott (fighting) 15:10, Smith Ott (roughing)
18:06.

Second Period

2. N.Y. Rangers, Stepan 1 (Richards, Stralman)
8:55 (pp)

3. N.Y. Rangers, Richards 2 (Del Zotto, Stepan)
17:08 (pp)

4. N.Y. Rangers, Kreider 1 (Stepan, Staal)
19:19

Penalties — Prust NYR (cross-checking) 6:22,
Michalek Ott (holding) 7:57, Silfverberg Ott
(boarding) 9:18, Kreider NYR (goaltender in-
terference) 14:28, Kuba Ott (hooking) 15:42,
Foligno Ott (goaltender interference) 15:58.

Third Period

5. Ottawa, Spezza 3 (Greening) 19:21

Penalties — N.Y. Rangers: Lundqvist (W,3-3); Ot-
tawa: Anderson (L,3-3).

Power plays (goals-chances) — N.Y. Rangers:
2-6; Ottawa: 1-5.

Referees — Steve Kozari, Tim Peel.

Linesmen — Lonnie Cameron, Shane Heyer.

Att. — 20,500 (19,153) at Ottawa.

COYOTES 4, BLACKHAWKS 0

First Period

No Scoring.

Penalties — Chipchura Pho (holding) 9:11, Kei-
th Chi (delay of game) 13:36.

Second Period

1. Phoenix, Ekman-Larsson 1 (Yandle, Whit-
ney) 13:14 (pp)

Penalties — J.Toews Chi (interference) 12:22,
Langkow Pho (tripping) 18:24.

Third Period

2. Phoenix, Brule 2 (Chipchura) 2:24

3. Phoenix, Vermette 4 (Boedker, Ekman-Lars-
son) 13:04 (pp)

4. Phoenix, Chipchura 1 (Brule, Langkow)
14:56

Penalties — Hayes Chi (boarding major, game
misconduct; served by Stalberg) 8:47, Kane
Chi (misconduct) 17:10.

Shots on goal by

N.Y. Rangers 7 8 7 22

Ottawa 6 7 14 27

Phoenix 2 6 12 20

Chicago 16 12 11 39

Goal — Phoenix: M.Smith (W,4-2-0); Chicago:
Crawford (L,2-4-0). Power plays (goals-
chances) — Phoenix: 2-4; Chicago: 0-2.

Referees — Chris Lee, Wes McCauley.

Linesmen —, David Brisebois.

Att. — 21,636 (19,717) at Chicago.

SCORING LEADERS

	G	A	PT
Giroux, Pha	6	8	14
J.Staal, Pgh	6	3	9
Briere, Pha	5	3	8
McDonald, StL	4	4	8
Crosby, Pgh	3	5	8
Malik, Pgh	3	5	8
Berglund, StL	3	4	7
Voracek, Pha	2	5	7
Jagr, Pha	1	6	7
Kennedy, Pgh	3	3	6
Dupuis, Pgh	2	4	6
Kunitz, Pgh	2	4	6
Neal, Pgh	2	4	6
Schenn, Pha	2	4	6
Sullivan, Pgh	2	4	6
Brown, LA	4	1	5
Vermette, Phx	4	1	5
Peverley, Bos	3	2	5
Spezza, Ott	3	2	5
Hartnell, Pha	2	3	5
Ovechkin, Wash	2	3	5
B.Richards, NYR	2	3	5
H.Sedin, Vcr	2	3	5
Thornton, SJ	2	3	5
Letang, Pgh	1	4	5
Radulov, Nash	1	4	5
Yandle, Phx	0	5	5
Bourque, Nash	3	1	4
Couturier, Pha	3	1	4
Talbot, Pha	3	1	4
Bergenheim, Fla	2	2	4
Boedker, Phx	2	2	4
Legwand, Nash	2	2	4
Read, Pha	2	2	4
Stralman, NYR	2	2	4
Toews, Chi	2	2	4
Versteeg, Fla	2	2	4
Zajac, NJ	2	2	4
Backstrom, Wash	1	3	4
Campbell, Fla	1	3	4
Carle, Pha	1	3	4
Couture, SJ	1	3	4
Foligno, Ott	1	3	4
Kiesla, Phx	1	3	4
Kopitar, LA	1	3	4
Laich, Wash	1	3	4
Simmonds, Pha	1	3	4
Corn, Pha	0	4	4
Cooke, Pgh	0	4	4

Not including last night's games

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	10	6	.625	—
Toronto	9	6	.625	—
Baltimore	9	7	.563	1
Tampa Bay	9	7	.563	1
Boston	5	10	.333	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	10	6	.625	—
Detroit	10	6	.625	—
Cleveland	8	6	.571	1
Minnesota	5	12	.294	5½
Kansas City	3	13	.188	7

WEST DIVISION

	W	L	Pct	GB
Texas	13	4	.765	—
Oakland	8	10	.444	5½
Seattle	7	10	.412	6
Los Angeles	6	10	.375	6½

Last night's results

Kansas City at Cleveland

Seattle at Detroit

Toronto at Baltimore

L.A. Angels at Tampa Bay

N.Y. Yankees at Texas

Boston at Minnesota

Chicago White Sox at Oakland

Monday's results

N.Y. Yankees 7, Texas 4

Boston 6, Minnesota 5

Toronto 4, Kansas City 1

Chicago White Sox 4, Oakland 0

Today's games

Chicago White Sox (Sale 2-1) at Oakland
(Parker 0-0), 3:35 p.m.

Kansas City (Hochevar 1-1) at Cleveland
(Jimenez 2-0), 7:05 p.m.

Seattle (F.Hernandez 1-1) at Detroit (Wilks 0-
2), 7:05 p.m.

Toronto (Drabek 2-0) at Baltimore (Hammel 2-
0), 7:05 p.m.

L.A. Angels (C.Wilson 2-1) at Tampa Bay (Hel-
lickson 2-0), 7:10 p.m.

N.Y. Yankees (P.Hughes 1-2) at Texas (Feld-
man 0-0), 8:05 p.m.

Boston (Buchholz 1-1) at Minnesota (Hen-
driks 0-0), 8:10 p.m.

MONDAY

BLUE JAYS 4, ROYALS 1

	ab	r	h	bi	Kansas City	ab	r	h	bi
Toronto	4	0	0	0	Getz 2b	3	0	1	0
YEscor ss	2	2	1	1	AGordon lf	4	0	0	0
KJhnsn 2b	4	1	1	2	Butler dh	4	0	0	0
Bautist rf	4	0	0	0	Hosmer 1b	4	1	2	1
Encnc dh	4	1	2	0	Franc fr	4	0	1	0
Lawrie 3b	4	0	1	0	Moskos 3b	4	0	2	0
RDavis lf	4	0	1	0	B.Pena c	4	0	1	0
Lind 1b	4	0	1	0	Maier cf	4	0	0	0
Arencl c	3	0	1	0	AEscor ss	2	0	2	0
Rasms cf	3	0	1	0	Totals	33	1	9	1
Totals	33	4	8	4	Totals	33	1	9	1

Toronto 100 002 001 4

Kansas City 010 000 000 1

E—Morrow (1). DP—Toronto 2, Kansas City 1.

LOB—Toronto 4, Kansas City 7. 2B—Rasmus (2),
Getz (2), Moustakas (7), B.Pena (4), A.Escobar
(5). 3B—Lawrie (1). HR—K.Johnson (4), Bautista
(3), Hosmer (4). CS—R.Davis (2). S—Getz.

IP H R ER BB SO

Toronto 6-2.3 7 1 1 1 3

Morrow W,1-1 11-3 1 0 0 0

L.Perez H,1 1 1 0 0 0

Cordero S,2-2 1 1 0 0 0

Kansas City 7 6 3 3 2 3

B.Chen L,0-2 1 0 0 0 1

Crow 1 0 0 0 0 1

Broxton 2 2 1 1 0 0

T—231. A—13,267 (37,903).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	48	16	.750	—
y-Miami	46	18	.719	2
x-Indiana	42	23	.646	6½
y-Boston	37	27	.578	11
x-Atlanta	38	26	.594	10
x-Orlando	36	28	.563	12
x-New York	34	30	.531	14
x-Philadelphia	34	30	.531	14
Milwaukee	31	33	.484	17
Detroit	24	41	.369	24½
New Jersey	22	43	.338	26½
Toronto	22	43	.338	26½
Cleveland	21	43	.328	27
Washington	18	46	.281	30
Charlotte	7	57	.109	41

WESTERN CONFERENCE

	W	L	Pct	GB
z-San Antonio	48	16	.750	—
y-Oklahoma City	46	18	.719	2
x-L.A. Lakers	41	24	.631	7½
x-L.A. Clippers	40	24	.625	8
x-Memphis	40	25	.615	8½
x-Denver	36	28	.563	12
x-Dallas	36	29	.554	12½
Utah	34	30	.531	14
Phoenix	33	31	.516	15
Houston	33	32	.508	15½
Portland	28	37	.431	20½
Minnesota	26	39	.400	22½
Golden State	23	41	.359	25
Sacramento	21	43	.328	27
New Orleans	20	44	.313	28

d — division leader; x — clinched playoff berth;
y — clinched division

Last night's results

L.A. Clippers at Atlanta

Sacramento at Oklahoma City

Miami at Boston

New Orleans at Golden State

Phoenix at Utah

Monday's results

Indiana 103, Detroit 97

Washington 101, Charlotte 73

Philadelphia 105, New Jersey 87

Memphis 109, Cleveland 101

Milwaukee 92, Toronto 86

San Antonio 124, Portland 89

Tonight's games

Washington at Cleveland, 7 p.m.

Chicago at Indiana, 7 p.m.

Charlotte at Orlando, 7 p.m.

Denver at Oklahoma City, 8 p.m.

Philadelphia at Milwaukee, 8 p.m.

L.A. Clippers at New York, 8 p.m.

San Antonio at Phoenix, 10:30 p.m.

MONDAY

BUCKS 92, RAPTORS 86

TORONTO (86)

Anderson 3-13 5-11, J.Johnson 10-21 2-2 2-22,
A.Johnson 3-4 1-2 7, Uzoah 2-6 4-8, DeRozan
2-5 0-0 4, Davis 1-4 0-0 2, Forbes 6-9 1-2 15,
Kleiza 6-13 1-2 15, Gray 1-1 0-1 2, Alabi 0-0 0-0
0, Totals 34-76 14-18 86.

MILWAUKEE (92)

Livingston 1-3 0-0 2, Ilyasova 6-10 5-8 19,
Gooden 1-7 0-0 2, Jennings 9-23 4-6 25, Ellis
4-14 8-9 17, Udoh 4-7 3-4 11, Dunleavy 3-8 4-5
10, Udrih 0-1 0-0 0, Harris 1-4 2-2 4, Leuer 0-1
2-2 2, Totals 29-78 28-36 92.

3-Point Goals—Toronto 4-14 (Forbes 2-3,
Kleiza 2-6, J.Johnson 0-2, Anderson 0-3), Mil-
waukee 6-17 (Jennings 3-6, Ilyasova 2-4, Ellis
1-2, Harris 0-1, Gooden 0-1, Dunleavy 0-3).

Fouled Out—None, Rebounds—Toronto 53
(J.Johnson 13), Milwaukee 50 (Ilyasova 15).
Assists—Toronto 24 (Uzoah, Forbes 5), Mil-
waukee 16 (Ellis, Jennings 5). Total Fouls—
Toronto 26, Milwaukee 17. Technicals—
DeRozan, Kleiza, Milwaukee defensive three
second. Ejected—DeRozan.
A—13,867 (18,717).

SOCCER

MLS

Tonight's game

Real Salt Lake at FC Dallas, 8:30 p.m.

EUROPEAN

CHAMPIONS LEAGUE

SEMIFINALS

First Leg

Yesterday's results

Barcelona (Spain) 2, Chelsea (England) 2
(Chelsea advanced on 3-2 aggregate)

ITALY

SERIE A

Yesterday's results

Atalanta 1, Chievo Verona 0

Cagliari 3, Catania 0

ENGLAND

PREMIER LEAGUE

Aston Villa 1 Bolton Wanderers 2

TENNIS

BARCELONA OPEN

At Barcelona, Spain

Yesterday's results

Singles

First Round

Frederico Gil, Portugal, def. Marcel Granollers
(12), Spain, 6-2, 6-2.

Kevin Anderson (13), South Africa, def. Malek
Jaziri, Tunisia, 6-2, 6-3.

Bernard Tomic (15), Australia, def. Ernests
Gulbis, Latvia, 6-3, 6-4.

Albert Ramos (17), Spain, def. Andreas Beck,
Germany, 4-1, retired.

Guillermo Garcia-Lopez, Spain, def. Olivier
Rochus, Belgium, 6-3, 6-3.

Victor Hanescu, Romania, def. Rui Machado,
Portugal, 6-3, 7-6 (5).

Mikhail Kukushkin, Kazakhstan, def. Daniel
Gimeno-Traver, 6-2, 6-3.

Igor Andreev, Russia, def. Diego Junqueira,
Argentina, 6-2, 6-3.

Flavio Cipolla, Italy, def. Paolo Lorenzi, Italy,
6-0, 6-3.

Robert Farah, Colombia, def. Arnau Brugues-
Davi, Spain, 6-4, 7-6 (3).

Pablo Andujar (16), Spain, def. David Goffin,
Belgium, 7-6 (2), 6-4.

Second Round

Andy Murray (2), Britain, def. Sergiy
Stakhovsky, Ukraine, 6-3, 6-2.

Fernando Verdasco (9), Spain, def. Steve Dar-
cis, Belgium, 6-3, 6-1.

Nicolas Almagro (6), Spain, def. Edouard
Roger-Vasselin, France, 7-5, 7-6 (3).

Doubles

First Round

Eric Butorac, United States, and Bruno
Soares, Brazil, def. Scott Lipsky and Rajeev
Ram, United States, 6-3, 6-3.

Robin Haase, Netherlands, and Jarkko Niem-
inen, Finland, def. Daniel Gimeno-Traver and
Albert Montanes, Spain, 5-7, 6-3, 10-4
tiebreak.

Mikhail Elgin, Russia, and Denis Istomin,
Uzbekistan, def. Inigo Cervantes-Huegun and
Gerard Granollers-Pujol, Spain, 6-7 (5), 6-3,
10-8 tiebreak.

Jonathan Erlich and Andy Ram, United States,
def. Ruben Ramirez Hidalgo, Spain, and Eduar-
do Schwank, Argentina, 7-6 (5), 7-6 (4).

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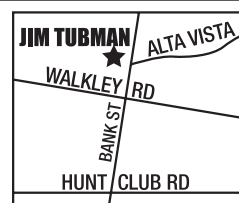
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New hybrid compact a big draw



ALL PHOTOS WHEELBASE

Styling

One aspect of the Prius c's desirability is its blend of attractive styling and practical hatchback shape. The car exudes a certain cheerful exuberance that's absent in the both the bigger hatch and wagon editions. The front end does carry traces of Toyota's Yaris entry-hatch, but overall the "c" is pleasing.



The transmission is a continuously variable unit.

2012 Toyota Prius c

- **Type.** Four-door, front-wheel-drive sub-compact hybrid.
- **Engine (hp):** 1.5-litre DOHC I4 (73) with 45-kilowatt electric motor (99 net, combined).
- **Mileage:** L/100 km (city/hwy) 3.5/4.0.
- **Base Price (incl. destination):** \$22,550.

Strange layout

The interior is straightforward, other than what must be the most unusual dash/control panel layout ever designed. The upper-level speedometer, fuel gauge and optional electric power display is askew of the steering wheel, while the infotainment screen and ventilation settings are enveloped by oddly-formed plastic trim.

Powertrain

The hybrid powertrain consists of a 73-horsepower 1.5-litre four-cylinder engine coupled to a 60-horsepower (45-kilowatt) electric motor. The net combined output is 99 horsepower. The electric motor's 144-volt battery pack and the gas engine's fuel tank are positioned beneath the rear seat.

Review. A hybrid for less than \$23,000 that pulls down 3.5 l/100 km in the city? Sold.

MALCOLM GUNN
Wheelbase Media

The most popular gasoline-electric hybrid brand around is now a lineup unto itself and the all-new Toyota Prius c is the smallest and least expensive of the bunch.

With fuel costs soaring, it's likely that hybrid demand will accelerate in spite of a continued price gap compared to gasoline-only vehicles. That's good news for Toyota's four-model Prius line and especially good news for the new Prius c (c is for compact).

Although small in stature — 48 centimetres shorter and about five centimetres narrower than the current Prius hatchback — the Prius c comes up big in minimizing fuel consumption, registering 3.5 l/100

km in the city and 4.0 highway. By comparison, the regular Prius's numbers are 3.7/4.0. The combined city/highway number for both is nearly identical at 3.7 for the c and 3.8 for the Prius.

So exactly what advantage does the smaller Prius c hold over its equally thrifty namesake? Actually, there are about 5,000 of them, which is the difference in dollars that distinguish the two Toyotas. The c's on-the-road base tariff is \$22,550, placing it well within reach for many buyers and, for example, is only about \$5,500 pricier than a Toyota Corolla and actually \$1,000 cheaper than the Honda Insight hybrid.

With the Prius c's launch — as well as the launch of the plug-in model and the larger v wagon — Toyota is showing its continuing dominance in the hybrid category by stretching the brand to fit a broader audience. The c is the first, however, to truly challenge entry-level gas-only models on their own turf — which is price point — while providing significantly better economy.



If you concede that the regular Prius and the smaller c consume about the same fuel, then why does the c cost so much less? You actually get less — less space and less power.



The Prius c dash layout is pitched to the right of the driver, although not really for functional or aesthetic reasons.

By comparison



1 Honda CR-Z
Base price: \$24,100



2 Honda Insight
Base price: \$23,500



3 Kia Rio 5-Door
Base price: \$15,600

5 DRIVE

Top Gear

Handy winder strikes a 'cord'

Most garages or shops contain one or more extension cords that are frequently left in a tangled state and usually take forever to straighten out. The Wonder Winder, manufactured by U.S. company Green Leaf, is a wall- or post-mounted device that keeps up to 46 metres of extension cord neatly coiled at all times. It features a rewinding hand crank that can be set up for either right- or left-hand use. The Wonder Winder, which sells in the \$20-\$25 US range depending on where you shop, also comes with a quick-release mechanism so it can be moved to wherever it's needed. For purchasing info, go to grnleafinc.com/Wonder_Winder.asp. You can also locate this product at amazon.com and genuinehotrod.com.

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On the Web



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2006 to 2010
Mazda 5

JUSTIN
PRITCHARD
Drive@metronews.ca

The Mazda 5 puts the word “mini” into the word “minivan.” A compact six-seater with sliding doors, the 5 launched in its first generation for the 2006 model year, and has now been replaced by a new model.

The first-generation Mazda 5 was popular with small families for its combination of versatility, practicality and good fuel mileage.

Common Issues

Check the air conditioning system for proper performance, and inspect the body, especially around the wheel wells and tailgate lip, for signs of rust. Note that the 5 had some issues with faulty power-steering pumps, which have become familiar to the online owner community.


A service bulletin and recall have been executed to fix the issue, which could see the power steering system fail intermittently.

Numerous owners complain about “cheap” parts installed at the factory, leaving them to replace tires and brake components earlier than expected. Shoppers should also look for signs of a bad alignment. A mechanic can help if you're unsure how. Ensure the CD player or changer receives and ejects CDs as expected, and check for proper operation of the steering-wheel-mounted audio controls and remote keyfob, too.



TORSTAR NEWS SERVICE


Engine

 All models got a 2.3-litre four-cylinder with 153 horsepower. Transmission choices included a five-speed manual or five-speed automatic, depending on the model selected. All units were front-wheel drive.

What Owners Like

 The availability of a manual transmission, good handling, relatively generous room, good mileage, interior layout and easy-to-manoeuvre sizing are all highly rated by Mazda 5 owners. High levels of comfort and flexibility are also noted.

What Owners Dislike

 Common owner complaints include a rougher ride on models with larger wheels, the lack of a front passenger-seat arm rest and some difficult-to-clean interior trim materials. Owners also note that cargo space all but disappears when all rows of seating are used.

Verdict

The 5 looks largely free of expensive or worrisome problems. Those with a young family after a flexible and fuel-efficient means of transportation can buy a well-maintained model with confidence.

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2012 Dodge Grand Caravan Crew shown.⁵

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2012 Dodge Journey SXT shown.



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Lost in thought? Your driving will get worse

Driving Force.

Whether you're 20 or 60, daydreaming while on the road is hazardous, study confirms

JILL
MCINTOSH
Drive@metronews.ca

Drivers who are distracted by their cellphones or text messages are hazardous, but even being deep in thought can affect how people act behind the wheel, according to the Massachusetts Institute of Technology (MIT). If you're daydreaming, you're less likely to scan the road ahead of you for hazards.

"The act of thinking impacts what we're doing," says Bryan Reimer, a research scientist at the MIT AgeLab.

"The brain is a very fancy computer, but it's a single processor. We do task switching, back and forth between two tasks. We'd like to be like a multi-core processor, but we're not."

The study determined

Tuning out

- While a stereo can be distracting, especially if it's too loud, drivers tend to "tune out" the music when something on the road demands their attention.
- Good drivers constantly scan ahead, including sidewalks and cross-streets, looking for potential hazards.

that the deeper in thought a driver is, the less he focuses on his surroundings. To test the theory, drivers were sent out on a route. They had to listen to a recording of someone reading numbers and then perform three separate tasks: repeat the number they'd just heard, repeat one number back, and then repeat the second number back.

"There was no computation involved, just memory," Reimer says. "The two-back demand was about as difficult a task as you'd be willing to give an individual when they're driving."

Previous studies looked

at whether drivers were distracted or not, but Reimer says this is too simple. Instead, there are levels of cognitive demand and their effects are distinguishable.

Somewhat surprisingly, age didn't make a difference. The level of distraction caused by trying to remember the numbers was the same in those in their 20s and in their 60s.

While some people think a phone call isn't any more distracting than a passenger, Reimer disagrees.

"If the light turns red, the person you're talking to (on the phone) keeps talking," he says. A passenger sees the red light and changes the pace of the conversation, which can lead the driver to pay more attention.

Drivers lost in thought or on the phone tend to drive straight, but their reaction time is slower.

"You drive straighter because your eyes are tuned forward, but you're scanning less," Reimer says.

"You also drive slower and change lanes less frequently. You're compensating for that increased demand."



The scary thing here is that this daydreamer is behind the wheel. iSTOCK

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2.5i model shown

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Eric Toulouse, SALES MANAGER

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Good weather or not, long weekend is coming

Tips. RVs can provide a different kind of holiday road trip experience for families

Across the country, the Victoria Day long weekend tends to be the official launch of summer. It's the time of year when everyone throws off their winter coats and quickly dons shorts and tees, even if Environment Canada warns of -5 C with blowing snow. Regardless, Canadians everywhere are itching to get outside and get away.

For a growing number of

Canadians, that means hitting the road in a recreational vehicle. There's a wide assortment to choose from these days — everything from expensive bus-like motor-homes, to towable travel trailers, to camper vans, to relatively inexpensive pop-up camping trailers.

Recreational vehicles are growing in popularity mainly because they're fun, and provide a greater sense of freedom and adventure compared to standard holiday trips.

Although you don't need a special licence to drive most recreational vehicles, it isn't the same as driving the family car. The experts at Desjardins General Insurance

Group advise the following:

- Be cautious and allow more time to brake, change lanes and merge into traffic.

- Be sure your vehicle can handle the trailer you are towing. Most SUVs, light-duty trucks and full and mid-size family cars can pull an RV trailer, but be sure to check the maximum weight and factor in any of your belongings inside the trailer.

- Use the right trailer hitch, connect brake and signal lights and make sure they are synchronized with your vehicle.

- Be aware of the height of your vehicle. You wouldn't want to ruin your vacation by getting your RV stuck or dam-

aged by a tree branch or sign.

- If you've never pulled a trailer before, you'll probably find that backing up is the biggest challenge. If possible, get some practice with the help of someone experienced with trailers before heading out on your holiday. And always ask someone to stand outside the vehicle when reversing to avoid any obstacles not seen in your mirrors.

Whether you own or rent your mobile vacation home, the Desjardins General Insurance Group says it's important to make sure you have adequate insurance coverage before heading out into traffic. **NEWS CANADA**



Reversing with a trailer in tow can be tricky, so it's a good idea to have someone stand outside your vehicle and direct you. **NEWS CANADA**

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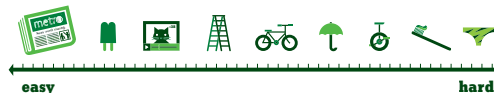
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Crossword

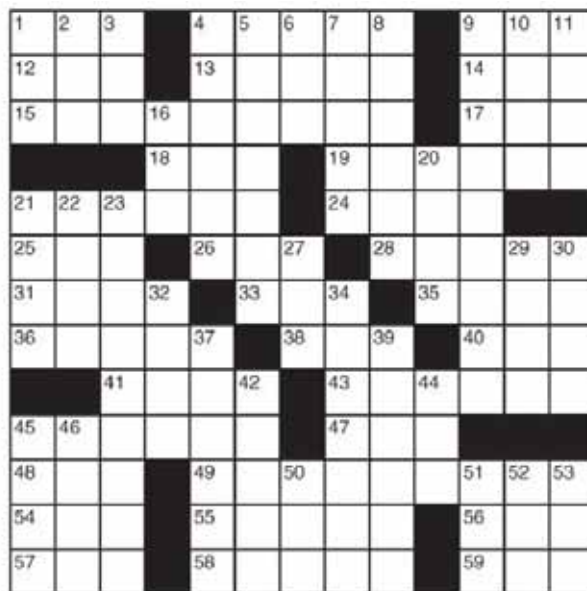
Across

- 1 Triangle part
- 4 Walked the floor
- 9 Scatter seed
- 12 Bullring bravo
- 13 Earlier on the page
- 14 Swiss canton
- 15 Energetic determination
- 17 Snooze
- 18 Canal zone?
- 19 Drawing for a prize
- 21 Choose
- 24 Cash drawer
- 25 Carte lead-in
- 26 Desire
- 28 Detroit football team
- 31 Deviates off course
- 33 Society newcomer
- 35 Foolish bloke
- 36 Cancel
- 38 Lubricant
- 40 Old French coin
- 41 Anthropologist Margaret
- 43 Swerved
- 45 Inclement
- 47 With 16-Down, "Brokeback Mountain" director
- 48 Legislation
- 49 Quasimodo's place
- 54 Gorilla
- 55 Herded
- 56 Rage

- 57 Apiece
- 58 Skiers' mecca
- 59 Joke

Down

- 1 Depressed
- 2 Inventor Whitney
- 3 Solidify
- 4 Pontiff's term of office
- 5 Scrubbed a launch
- 6 Intimidate
- 7 Chris of tennis fame
- 8 Throw off track
- 9 Kansas emblem
- 10 Exam format
- 11 Clean the slate
- 16 See 47-Across
- 20 Go like a butterfly
- 21 "I — Little Prayer"
- 22 Verve
- 23 Groundskeeper's machine
- 27 Ultra-modernist
- 29 Pleasant
- 30 Poker variety
- 32 Litigant
- 34 Clam or oyster
- 37 Greek consonant
- 39 Meager
- 42 Color workers
- 44 Freudian topic
- 45 Rebuff a masher
- 46 Recording



- 50 Prune
- 51 Peruke
- 52 Mound stat

53 — U.S. Pat. Off.

Sudoku



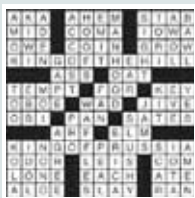
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

APNMBR U ZNSOZ CNNI
UCNMD ANST AMJTG JNDTHD
CUIOHQ ADMYY QTD DDBTR
"DPT YUHDUADOZ YBNMG"?
Yesterday's Cryptoquip: A RESTAURANT, FEEL-
ING LIKE IT DIDN'T CHARGE ENOUGH FOR FIL-
LETS, DECIDED TO RAISE THE STEAKS.
Today's Cryptoquip Clue: D equals T



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

9°/2°
Variable

Thursday

9°/0°
Rain
90%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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Horoscope

♈ Aries | March 21 - April 20.

You can make things happen today through sheer force of personality. There is no such word as "can't" in your vocabulary.

♉ Taurus | April 21 - May 21.

Sometimes in life, you have no choice but to sit back and wait it out. This is one of those occasions.

♊ Gemini | May 22 - June 20.

Whatever you do on the spur of the moment today will work out well — or at least do no lasting damage.

♊ Cancer | June 21 - July 22.

Sometimes you can be a bit too cautious for your own good, which means you don't always achieve what you should.

♊ Leo | July 23 - Aug. 22.

With mind planet Mercury at odds with Pluto today confidence alone won't take you far. Plan ahead.

♊ Virgo | Aug. 23 - Sept. 22.

A rival may have more talent than you but you possess something infinitely more important: staying power. Keep that in mind.

♊ Libra | Sept. 23 - Oct. 22.

You need to free yourself of something that is holding you back. Be ruthless and don't let friends and family members talk you out of it.

♊ Scorpio | Oct. 23 - Nov. 21.

You don't need permission to think, speak or act. Stand up for yourself and your beliefs!

♊ Sagittarius | Nov. 22 - Dec. 21.

It'd be a mistake to do anything strenuous over the next 24 hours.

♊ Capricorn | Dec. 22 - Jan 20.

Don't be afraid to explore new experiences. The Sun in Taurus at this time of year makes you incredibly adventurous.

♊ Aquarius | Jan. 21 - Feb 18.

The more you try to move in a certain direction, the more events conspire to block your progress. Take the hint and hold back for a while.

♊ Pisces | Feb. 19 - March 20.

Something will happen today that throws your plans into disarray. It's all good. **SALLY BROMPTON**



Caption Contest

"What did you say about my mama?!"
Danielle

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

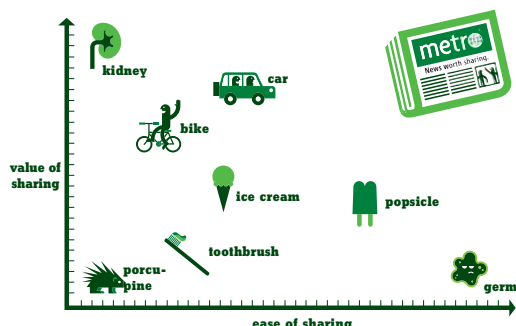
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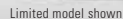
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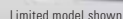


UNTIL 2013⁰¹

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SONATA

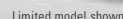


UNTIL 2013²

SELLING PRICE: \$25,895*
SANTA FE GL 2.4 6-SPEED.
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INCLUDED. PLUS TAXES.

Highway
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37 MPG*

SANTA FE



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